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Dr. Joseph Sites.

THE FAMILIES'
NEW GUIDE TO HEALTH,

GIVING

A description of the Diseases to which Families are subject, and their Treatment.

ALSO INSTRUCTIONS

HOW TO

PREPARE THEIR MEDICINES,

AND

ADMINISTER THEM WITH SAFETY.

WITH A

History of the origin and progress of

SPASMODIC CHOLERA,

AND THE MOST SUCCESSFUL PLAN OF TREATMENT.

TOGETHER WITH

AN EXPOSITION

OF THE

Thomsonian Preparations of Medicine,

As given in the New York Medical and Physical Journal (Vol. 1, New Series.) Taken from the original specification at the Patent Office.

SELECTED BY A PHYSICIAN.

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CONTENTS.

A GLOSSARY.

Antiseptic, medicines that purify and prevent mortification.
Alimentary canal, all of the intestines, stomach, and throat.
Antispasmodic, that which relieves spasm.
Acidity, sourness.
Cuticle, the skin.
Diaphragm, the partition between the abdomen, and the chest.
Delirium, a derangement of the mental faculties.
Emaciation, a wasting of the body.
External oblique muscle, a part of the flesh boundaries of the abdomen.
Femoral Rupture, in the fore part of the th gh.
Hernia, Rupture.
Intestines, the guts.
Inguinal Rupture, relative to the groin.
Nausea, sickness of the stomach, inclination to vomit.
Omemtum, the caul, the fatty substances that lies in front of the intestines.
Precordia, (from pre, before, and cor, the heart,) the fore and lower part of the chest.
Peritonæum, the lining of the vicera.
Respiration, the act of breathing.
Strangulated Hernia, a protruded intestine that cannot be reduced within the walls of the abdomen.
Scrotum, peculiar to the male.
Sloughing, throwing off dead flesh, large pieces of flesh coming out, and leaving a cavity.
Testicle, peculiar to the male.
Tunica vaginalis testis, the lining membrane, of the scrotum.
Tonics, medicines intended to give strength to the patient.
Viscera, that which is contained within the abdomen, chest, &c.
Ventral Rupture, that which is caused by some violence done any part of the abdomen, by an instrument of some kind.

ADVERTISEMENT.

Would it be either sufficient, or satisfactory, were the question asked, "why this work has been given to the public?" to merely answer, because we were of opinion, that it was wanted. Certainly it is loudly called for. We have therefore attempted by means of our own observation, together with that of others, as collected from extensive reading, to make this work useful and acceptable to families, and to those who have a desire to know what the *Thomsonian Practice* consists of. And also, a history of the *Spasmodic Cholera*, as taken from the best authority. If this wish be ever realized, our object

will be abundantly answered. As this work is intended to be fraught with interest to the community at large, as well as to families and individuals, and will carry important information into the domestic circle where it must prove of the greatest utility, having a salutary tendency to prevent the public against the horrid evils of empirical practice, and nostrums.

INTRODUCTION.

MEDICAL Science, considered as relating strictly to the treatment of disease, may be presented under two points of view, under one, the symptoms of diseases are described, their causes are investigated, the indications are delivered by which their cure is to be attempted, and the remedies are enumerated by which these indications are to be fulfilled. When this method is followed, a previous knowledge is supposed of the natural history, properties, and medicinal powers of the substances employed as remedies; and they are no further subjects of attention, than to point out their application in particular cases.

But in order to make this work useful to those who are not acquainted with the powers of medicines, we will give the symptoms of diseases, and the remedies according to the symptoms, with a description of the weights and measures, used by the apothecaries, so that they may be enabled to prepare their medicines, and administer them with certainty.

We will first give a description of the weights that are made use of: The small pieces of sheet-brass, which accompany the small scales, are intended to weigh grains, and the indentations in them, represent the number of grains; and the square bits of brass represents

scruples and drachms; the scruple is marked thus ℈i, and is equal to twenty grains, a drachm thus ʒi, and an ounce thus ℥i, a drachm is equal to three scruples, and an ounce equal to eight drachms.

In order to measure fluids, glasses graduated on their sides, will be found useful; and one measuring three ounces, is sufficiently large for all ordinary purposes, the first line crossing the central line on the glass, represents half a drachm, and the next a drachm, and so on until eight drachms are marked; they then represent two drachms, and double as the glass widens: the drachm mark will be found on one side of the central line, and the ounce on the other.

By becoming acquainted with those weights and measures, and the manner of dividing the ingredients, which will hereafter be given, any person may be able to compound or prepare their own medicines, and be a saving of more than one half of the expense that it would to go to the apothecaries; and be much safer as medicines are frequently compounded by boys in shops. And by having the medicines in the house, where they can be administered immediately, save a patient from a great deal of suffering.

We will here give a list of such medicines, and medical utensils, as ought always to be kept in a large family.

The first is a medicine chest:—containing two ounces of Calomel, four ounces of Jalap, four ounces of Rhubarb, two ounces of Calcined Magnesia, two drachms of powdered Gamboge, four drachms of Tartar Emetic, a bottle of Mustard,

a pint of the Tincture of Lobelia, four drachms of Quinine, a bottle of Castor Oil, half a pint of sweet spirits of Nitre, half a pint of spirits of Hartshorn, two drachms of Opium, half a pound of Nitrite of Potash, two ounces of Ipecacuanha, two ounces of Cayenne pepper, four ounces of the best Aloes, four ounces of Burgundy pitch, a box of blistering Plaster,—a stick of adhesive Plaster, half a pint of Laudanum, a pint of spirits of Camphor, a cake of Castile soap, four ounces of Senna, ten pounds of Epsom Salts, a pint Syringe, a three ounce graduate glass, an apothecaries scales and weights, and a small wedgewood mortar.

The manner of making pills is as follows; reduce your articles to powder, if not powdered; mix your several ingredients together in the mortar, and add a small portion of syrup, mix it well in the mortar, until you get it to a proper consistence; then take it out of the mortar and roll it on a board until it gets to about the thickness of a pill; (a case knife is best to roll it with.) then take your knife and divide it into as many pills as you may think proper, after which you will roll them with your fingers, and put them in some flour or magnesia, so as to keep them from sticking together.

To make powders; rub your ingredients well together in the mortar, after which, put the powder on a board and devide it equally into as many powders as may be wanted, according to the directions, and fold them up in smooth paper, as rough paper wastes a portion of the powder.

The next is a suitable frame, for giving a steam bath. It is formed somewhat like the following

description :—Half a circle or a half-hoop of good strength, and twenty-two inches in diameter, will form the end which is to stride across the neck of the patient. A half circular plank, eighteen inches in diameter, will make the foot end of the frame. A thin board four or five feet long should cover the top, and a lath or two of similar length, should secure each of the sides. A hole of a suitable size, should be made in the middle of the foot end, for the introduction of a tin tube, which must be made in the following manner: two feet and a half long, and to be bent so as to form about the fourth of a circle, and to be twelve inches in circumference at one end, and about six at the other, the small end to be introduced into the hole in the foot board, a blanket to be tied around the large end, and placed over a tub of hot water, this will conduct the steam into the frame, and when you wish to increase the steam, throw into the tub hot rocks; this will rise as much steam as you may want.

The patients should be stripped of all their clothing, except their linen, which after the bath goes into operation, they may draw up to their chin. The frame is to be laid over them in bed, and a sufficient weight of bed-clothes should be used so as to confine the heat properly. The weight of the bed clothes being properly sustained by the frame, they can turn themselves over at pleasure.

After steaming the patients until they feel a faintness, (which ought to be done in all instances if possible) wash them off with whiskey and rub them well with a flannel cloth. This must

be done in order to keep them from taking cold, and serves many other good purposes, as it causes a determination of the circulation to the skin; which is a great object in many diseases, and particularly those of the bowels and stomach.

General Rules to be observed in Treating of Diseases.

Rule 1st.—In every complaint, whatever it may be called, if you find the pulse quick, hard, full, and strong,—the head ach,—tongue foul,—skin hot, or those marks which denote it of an inflammatory nature, remember the plan is to reduce it by purging,—low diet,—and steaming.

Rule 2nd.—If on the contrary, the pulse be soft, feeble, and intermitting—the tongue dark, and great debility or weakness is evident, reverse the whole plan; the diet must be generous and nourishing,—the bowels opened with gentle laxatives,—and the strength supported by bark, sulphate of Quinine, wine and tonics of various kinds.

It is necessary, however, to be careful in distinguishing the weakness which is here meant, from that state of debility which arises from excessive action, from the stuffing up of the vessels, and which requires the steam-bath or lancet. As a mistake might prove fatal, attention should be paid to the pulse, by which they can be known. In that state which require tonics, the pulse is small, soft—sometimes like a thread and quick. In the other, it is slower and full, giving considerable resistance to the pressure of the fingers. But always bear it in mind, that where

there is a difficulty in discriminating, and you have failed to give relief, send for your physician. As this work is not intended to make a physician of any one, but to serve as a guide, to prevent diseases from becoming seated, by removing the first indications, without doing injury to the patient, or that you may be enabled to treat a patient where a physician cannot be obtained.

Rule 3d.—If in addition to those symptoms mentioned in the second rule, the tongue be covered with a black coat,—foul dark-looking sores from about the gums and insides of the cheeks, the breath be offensive &c., the same class of remedies is to be vigorously employed, with a free use of acidulated drinks, and garles of yeast; Cayenne pepper, tincture of myrrhæ and other antiseptic articles.

Rule 4th.—Local pains, as in the head, side, &c. may be relieved by the use of the steambath, purging, and blisters to the part, but if severe they will require the use of the lancet.

Rule 5th.—Observe carefully, the effects of various articles of food, as well as physic, upon your own body, and chose those which experience proves to agree best with you. It is a vulgar but true saying, that "what is one man's meat is another's poison."

Rule 6th.—Keep a sick room always well ventilated. Plenty of fresh air is an important remedial agent in all diseases, a clean room, and a punctual attendance to administering the medicines.

It is not meant by this that the patient should

be exposed to a direct current of air, or a damp room from scrubbing, which should be always avoided by well and sick.

OF THE PULSE.

The pulse is the beating of an artery. Every time the heart contracts, a portion of blood is forced into the arteries, which dilate or swell to let it pass, and then immediately regain their former size, until by a second stroke of the same organ, a fresh column of blood is pushed through them, when a similar action is repeated: this swelling and contracting constitutes the pulse, and consequently it may be found in every part of the body where those vessels run near enough to the surface to be felt. Physicians look for it at the wrist, from motives of convenience.

The strength and velocity vary much in different persons, even in a state of perfect health. It is much quicker in children than in adults; and in old men, it grows more slow and feeble, owing to a decreased energy of the heart. The pulse is increased both in strength and velocity by running, walking, riding and jumping; by eating, drinking, singing, speaking, and by joy, anger, &c. It is diminished in like manner, by fear, want of nourishment, melancholy, excessive evacuations, or by whatever tends to debilitate the system.

In feeling the pulse in patients, allowance should be made for these causes, or what is better, we should wait until their temporary effects have ceased.

A full, tense and strong pulse is, when the artery swells boldly under the finger, and resists

its pressure more or less; if, in addition to this, the pulsation be very rapid, it is called quick, full and strong; if slow, the contrary.

A hard, corded pulse, is that in which the artery feels like a string of a violin, giving considerable resistance to the pressure of the finger.

The soft and intermitting pulses, are easily known by their names. In cases of extreme debility, on the approach of death, and in some particular diseases, the artery vibrates under the finger like a thread.

In feeling of the pulse, three or four fingers should be laid on it at once. The most convenient spot to do this, (as already mentioned,) is the wrist, requesting the patient to let his hand rest on something.

There are two kinds of blood-vessels in the human body: arteries and veins, the arteries carry the blood from the heart to the extremities of the body, where they are connected with the veins which bring it back again. An artery pulsates or beats; a vein does not.

OF FEVER.

Fevers are by far the most common complaints to which the human body is subject. It may be briefly described as a combination of heat, thirst, loss of appetite, weakness, and inability to sleep. It makes its appearance in two ways: either suddenly and violently, or gradually and gently. When it comes on in the first manner, a cold shaking attended with sickness at the stomach, or vomiting, marks its access; the cold is more severe than in the latter; as is also the pain in

the head, and other symptoms. When its attacks are gradual, a feeling of soreness over the whole body, such as is experienced after a hard day's work by one not accustomed to it, shows its approach. Nausea, pains in the head, chills, and more or less heat and thirst soon follow.

As these symptoms vary infinitely in their degree of violence, the vigour of the treatment to be pursued, must differ accordingly. Thus the same directions that are given for simple inflammatory fever, must be adhered to; in one whose symptoms are lighter, though similar, only there is no necessity for pushing them to so great an extent.

SIMPLE INFLAMMATORY FEVER.

Symptoms.—Chills, flushed face, skin hot, eyes red, pulse quick, full strong and regular, great thirst, tongue white, urine high-coloured and small in quantity, bowels costive, breathing quick, and a sense of soreness in the joints.

Cause.—Cold, violent exercise whilst exposed to the heat of the sun, and intemperance.

Treatment.—Give at the very beginning of the attack one fourth of a grain of Tartar Emetic, and repeat it every ten minutes until it produces nausea. Then place the patients under the influence of the steam-bath, until they feel faint. If they should have great pain in the head whilst steaming, apply cold water to the head. And immediately after steaming give twelve grains of Ipecacuanha, and ten of Calomel. If it vomits, encourage it by giving plenty of warm water, and when it operates on the bowels, give chicken

water, seasoned with Cayenne pepper. After this, if the fever continues, repeat the steam, and give the following mixture: One ounce of Epsom salts, two grains of Tartar Emetic, dissolved in a pint of water; one table spoonful to be given every two hours, followed up with the chicken water and Cayenne pepper. The room should be kept quiet, cool and dark, every source of excitement being removed. And for a common drink lemonade, or the liquor of stewed fruit.

Intermittent, or Ague and Fever.

Of this fever, there are several varieties, which differ from each other only in the length of time that elapses between their attacks.

Symptoms.—The symptoms of ague and fever are, unfortunately, too well known among us, commencing with yawning, stretching and uneasiness; this is succeeded by slight chills or shiverings, that end in a violent or convulsive shaking of the whole body. This is the cold fit, and is immediately followed by the fever or hot fit. The pulse rises, the skin becomes hot, pain in the head, tongue white, and all the marks of fever, terminating in a profuse sweat, which gradually subsiding leaves the patient in his natural state, though somewhat weakened.

Causes.—Living in low damp situations, and imprudent exposure to night air, intemperance, &c.

Treatment.—On the first alarm that is given by a chill, or any of those feelings indicative of its approach, take ten grains of Calomel and three grains of Tartar Emetic, this will act first as an

emetic and then as a cathartic. If this does not give entire relief, use the steam bath, after which give a one grain Quinine pill every hour, whilst there is no fever. If this fails, give three of No. 1. Anti-bilious Pills,*) and repeat the steam, at the commencement of the chill, and continue the Quinine after the fever is gone off. A repetition of this treatment will never fail to cure.

REMITTENT FEVER.

This is a kind of fever which occasionally abates, but does not entirely cease, before a fresh attack comes on, so that the patient is never completely free from it. The symptoms are of three kinds. When bile predominates, it is called Bilious remittent or Bilious Fever, which in a highly aggravated state is the true Yellow Fever of the United States and West Indies. This constitutes the first kind of remittent. The second is marked by debility, when it is called typhus or low nervous fever. The third exhibits all those marks of debility and putrescency, which constitute putrid fever.

BILIOUS FEVER.

Symptoms.—In this disease all the marks of great excitement and a superfluity of bile are visible; the skin is hot, the pulse tense and full, tongue white in the commencement, changing to brown as the fever increases, breathing hurried and anxious, bowels very costive, and skin of a

*) See No. 1. Anti-bilious Pills in the sequel of this work.

yellowish hue. In bad cases, there is great pain in the head, with delirium; the patient picks at the bed clothes, a convulsive jerking of the tendons at the wrist, tongue black and furred, a deep yellow skin, vomiting of a dark matter that looks like coffee grounds, and hiccup. When the latter symptoms prevail, it is called Yellow fever.

Causes.—A peculiar torpor of the liver, which is more common in low, marshy places than any other. There also appears to be a predisposition to this disease in certain seasons more than in others, also in particular persons. One might suppose that it was caused by certain changes in the atmosphere.

Treatment.—This must be conducted on general principles. As the inflammatory and bilious symptoms are the most predominant at the commencement, steam the patient freely, and apply cold water to the head, and repeat the operation if the pulse requires it. The next step is to cleanse the stomach, and rouse the liver by an emetic, giving twelve grains of Ipecacuanha, with ten of Calomel. This will put the liver into action. Then the following saline mixture must be given, until copious evacuations are produced: Epsom Salts one ounce, Senna half an ounce, Aniseed two drachms, Tartar Emetic three grains, one pint of boiling water to be poured over, and then steeped for fifteen minutes. Give a wine glassful of this mixture every hour until free evacuations are produced. And if there is a difficulty in getting free evacuations, give an injection of one table spoonful of common table salt, the same proportion of lard, with a tea spoonful of

Cayenne pepper, and half a pint of milk warm water, repeat this as often as is necessary. The diet should he chicken water well seasoned with Cayenne pepper, rice water, lemonade, or the liquor of stewed dried fruit, taking care to keep the bowels discharging freely, during the whole of the disease.

If, however, all endeavours fail, and the disease seems to advance, the No. 2 Quinine mixture must he given, a tea spoonful every hour and in the intervals wash the patient with spirits of camphor and vinegar, equal proportions. As soon as putrescency makes its appearence, give the No. 3 Anti-septic mixture in combination with the Quinine mixture, a tea spoonful of each every hour, keeping the patient cool and comfortable as possible, excluding all noise. But in all such low cases a skilful physician had better be sent for, as those low grades of fever require the nicest management imaginable. And if a skilful physician cannot be obtained, you had better rely on your own judgement, and follow the plan of treatment here laid down, for your guide.

Typhus, or low nervous Fever.

Symptoms.—Languor, debility, dejection of mind, alternate flushes of heat and chills, loathing of food, confusion of ideas. These are succeeded by pain in the head, difficulty of breathing, frequent weak, and sometimes intermitting pulse, the tongue dry, and covered with a brown coat, the teeth and gums being encrusted with the same, the forehead covered with sweat, while

the hands are dry and glow with heat, the patient talks wildly.

Causes.—Whatever tends to weaken the system, a poor diet, grief, living in close, filthy apartments. Distinguished from putrid fever by the attack coming on more gradually, and by the greater mildness of the symptoms, by the want of those putrid marks mentioned in the former, and by the absence of vomiting.

Treatment.—If the bowels be costive, give some gentle laxative, as No. 4 cathartic Pill, give three, and if this does not operate, repeat the dose. As soon as they have operated, or even before (if the weakness of the patient requires it) exhibit good Madeira wine as freely as the stomach will bear, not only as drink, but mixed with the food, which should be sago, tapioca, panado, jellies and rice. Wine, brandy or porter (an important article when good) are to be freely employed, always remembering, that if the strength be not supported by these means, they will die of debility. Steaming and spunging the body with vinegar, is a remedy in this disease of great value. If delirium or insensibility come on, shave the head and apply a blister to it, or clothes wrung out of iced water and vinegar. If a purging ensues, it must be stopped or it will prove fatal. This may be done by the No. 5 Astringent mixture, a table spoonful every two hours, until it is stopped. Great reliance is now placed upon the sulphate of Quinine, which may be taken in two grain doses every hour, also the No. 6 Stimulating Pill, one to be taken every two hours. The pa-

tient should be kept cool, clean, and comfortable.

HEAD ACH.

Causes.—Some particular disease of which it is a symptom. Indigestion, a foul stomach, tight cravats or shirt collars, exposure to the heat of the sun, a determination of the blood to the head.

Treatment.—This will vary according to the cause. If it arises from indigestion, that must be attended to. A foul stomach is one of the most usual causes of head ach: such is the connexion between these parts, that the one is seldom out of order, without notice being given of it by the other. In this case, twenty grains of Ipecacuanha and one grain of Tartar Emetic should always be administered, which, at a day's interval, is to be followed by a purgative. If from the beating of the artery in the temples and a sense of fulness in the head, we suspect it to be an undue determination to that part, steam freely, and apply cold water to the head. Long continued and obstinate head ach has been frequently benefited by emetics, and the steam-bath, several times repeated.

INFLAMMATION OF THE EYE.

Symptoms.—Pain, heat and swelling of the parts, which appear blood-shot, the tears hot and scalding, fever, intolerance of light, sometimes, when the lids are affected, the edges become ulcerated.

Causes.—External injuries, as blows, particles of sand, &c. getting in them, exposure to cold, a strong light, intemperance, &c.

Treatment.—If the complaint is caused from foreign bodies, they must be removed by injecting warm milk and water into the eye, with a small syringe. From whatever cause it may originate, the inflammation must be subdued by purging with Epsom Salts and a small portion of Tartar Emetic combined, and the steam-bath must be applied, with a strict attention to low diet. If the eye is very painfull, No. 7 Eye water may be used, by dipping clothes in it and applying them to the eye, also bread and milk poultice, with half a drachm of sugur of Lead in it; to be applied when cold.

INFLAMMATION OF THE EAR.

Symptoms.—Pain in the ear, which at last either gradually ceases, or matter is discharged through the opening.

Causes.—The accumulation of hard wax, insects getting into it, injuries from blows, &c.

Treatment.—A little warm olive oil, with an equal part of laudanum, dropped into the ear, and retained there by a piece of wool, will frequently procure almost instant relief. If it be caused by hard wax, inject warm soap suds or salt water to soften it, and then, with care, endeavour to extract it, when the oil and laudanum may again be employed. In cases of great severity, a blister may be applied behind the ear. A temporary deafness frequently results from this complaint, and sometimes, when matter is form-

ed, the bones of the organ are destroyed, and hearing is lost forever.

BLEEDING AT THE NOSE.

Causes.—Fulness of blood, violent exercise, particular position of the body, blows, &c.

Treatment.—Keep the patient erect or sitting with his head a little thrown backwards, take off their cravat, unbutton their shirt-collar, and expose them freely to the cold air; apply ice or cold vinegar and water to their genitals, and the back of the neck. If these are not sufficient, moisten a plug of linen with brandy, roll it in powdered Alum, and put it up the nostril. If the pulse be full, give a brisk purge of Epsom salts with a small portion of Tartar Emetic in it.

POLYPUS.

The nose is subject to two species of this tumor:—the pear-shaped or pendulous polypus, and a flattened irregular excrescence, which is extremely painful, and is of a cancerous nature. As soon as any affection of this kind is suspected, apply to a skilful surgeon.

CANCER OF THE LIP AND TONGUE.

This kind of cancer always commences in a small crack, which, after a while, becomes exquisitely painful. If closely examined, this crack is found to be seated in a small hard tumor, which soon ulcerates, and if not checked, extends the disorder to the throat, thereby endangering the patient's life.

Treatment.—No time should be lost in useless attempts to cure it by medicines. The only safety for the patient is in the knife, and that at an early period.

MERCURIAL ULCERS IN THE MOUTH.

Large, dark looking ulcers in the mouth are a common effect of the abuse of mercury. They may be known by the horrid smell of the breath, by the teeth being loosened from the gums, and by a coppery taste in the mouth.

Treatment.—Give the patient to drink quantities of sarsaparella tea, and use the steam-bath at least once a week, also give a tea spoonful of sulphur every day until all the ulcers are healed.

ENLARGEMENT OF THE UVULA.

The uvula is the little tongue-like appendage, that hangs down from the middle of the fleshy curtain, which divides the mouth from the throat. It is very subject to inflammation, the consequence of which is, that it becomes so long that its point touches, and sometimes even lies along the tongue, which creates considerable uneasiness, and is now and then the cause of a constant cough, which finally ends in consumption. It is commonly called the falling of the palate.

Causes.—Cold; damp clothes; wet feet, &c.

Treatment.—Strong gargles of bayberry bark and vinegar, with a small portion of Cayenne pepper. After which give a steam-bath, and a mild purge of Epsom salts.

INFLAMMATORY SORE THROAT.

Symptoms.—Chills and flushes of heat succeeding each other; fever; the inside of the mouth, the throat and tonsils much inflamed; swallowing is painful; hoarseness; heat and darting pains in the throat.

Causes.—Cold; damp clothing; wet feet; excessive exertions of voice. Distinguish it from putrid sore throat by the fever being inflammatory.

Treatment.—An emetic, taken at a very early stage of this disorder will frequently prevent it from forming. The next step is to give the steam-bath and to steam freely and give a dose of Epsom salts with a fourth of a grain of Tartar Emetic in it. A mustard plaster, or a blister to the throat, is an invaluable application. The diet should consist of barley or rice. The throat should be gargled with vinegar and water, inhaling the steam of hops in water, from the spout of a teapot. If symptoms of putrescency appear, treat it as directed in putrid sore throat.

PUTRID SORE THROAT.

Symptoms.—All the marks of typhus; on the second day a difficulty of swallowing; respiration hurried; breath hot; skin dry and burning; a quick, weak and irregular pulse; scarlet blotches break out about the lips, and the inside of the mouth and throat is of a fiery red colour. About the third day blotches of a dark, red colour make their appearance about the face and neck, which soon extend over the whole body. Upon examining the throat a number of specks,

between an ash and a dark brown colour, are observed on the palate, uvula and tonsils; a brown fur covers the tongue; the lips are covered with little vesicles or bladders, which burst and give out a thin acrid matter, that produces ulceration wherever it touches. In bad cases the inside of the mouth and throat become black, and are covered with foul spreading ulcers, when all the symptoms that characterize putrid fever ensue.

Distinguish it from scarlet fever, by the fever being a typhus and not inflammatary, by the sore throat, dark tongue, and putrid symptoms; and from measles, by the absence of cough, sneezing, watering of the eyes, &c.

Treatment.—Emetics in the beginning are used with advantage, also moderate steaming, with the following injection, warm water one pint, Ceyenne pepper one drachm, molasses four ounces, and Tincture of Myrrha one ounce, but the great and evident indication is to prevent and counteract the disposition to putrescency, and to support the strength. For this purpose the No. 3 Antiseptic mixture should be given every two hours, in table spoonful doses, Cayenne pepper is a valuable article; it may be taken in the form of pills. To clean the throat, use the following gargle, Yeast two ounces, Cayenne pepper one drachm, Tincture of Myrrha one ounce, water two ounces. Any looseness of the bowels must be checked by giving a strong tea made of bayberry bark or black oak bark. The diet should consist of arrow root, jelly, panado, tapioca, and gruel, and a drink of wine whey, wine and water, &c.

CATARRH, OR COLD.

Symptoms.—A dull pain in the head, swelling and redness of the eyes, the effusion of a thin acrid mucus from the nose, hoarseness, cough, and fever.

Treatment.—If the symptoms be violent, give the steam-bath and boneset-tea in large quantities. The patient should be confined to his bed, and be purged freely. If there is great pain in the breast, apply the steam-bath again and give No. 8 cough mixture, a tea spoonful every fifteen minutes, or till relief is given.

The influenza is nothing more than an aggravated state of catarrh, and is to be cured by the same remedies. No cough or cold is too light to merit attention. Neglected colds lay the foundations of diseases, that every year send thousands to the grave.

ASTHMA.

Symptoms.—A tightness across the breast, frequent short breathing, attended with wheezing, increased by exertions and when in bed. It comes on in fits or paroxisms.

Treatment.—If robust and young, give the steam-bath and apply cold water to the head, and give No. 9 Tincture of Lobelia in tea spoonful doses every ten minutes until it gives relief, after which give a mild purgative. In old people omit the steam, it may debilitate them too much. We depleat fully as much with the steam-bath as we do by bleeding.

PLEURISY.

Symptoms.—A sharp pain or stitch in the side, increased upon breathing, inability of lying on the affected side, pulse hard, quick and corded, tongue white.

Causes.—Imprudent exposure to cold damp weather, without being sufficiently clothed, and wearing of damp clothes, &c.

Treatment.—Steam the patient at first until they faint or nearly so, and give twenty grains of Ipecacuanha in half a teacup of milk warm water, and after the operation of the emetic, give a dose of No. 1 Anti-bilious Pills. The patient should be confined to bed, and take for a common drink a warm decoction of the common hemlock leaves, or balm-tea, and in liberal quantities. The diet should always consist of rice or barley water. And if the pain in the side should not be entirely relieved, repeat the steam-bath and rub the side with Compound No. 10.

SPITTING OF BLOOD.

Symptoms.—Blood of a bright red colour, often frothy, brought up by coughing.

Causes.—Consumption and its causes, a fulness of blood, rupture of a blood vessel from any cause. Distinguish it from vomiting of blood, by its bright colour, and being brought up by coughing.

Treatment.—Give the patient at once a table spoonful of common salt and direct him to swallow it. If the pulse be full give the following injection, common salt a table spoonful, Cayenne

pepper one drachm, warm water one pint, after which give the steam-bath freely.

CONSUMPTION.

Symptoms.—A short, dry cough, languor and gradual loss of strength, pulse small, quick and soft, pain in the breast, expectoration of a frothy matter, that at last becomes solid and yellow, the breath becomes more anxious and hurried, the emaciation and pain increase, hectic fever, night sweats and looseness of the bowels come on, and the patient, unsuspicious of danger, dies.

Causes.—Neglected colds, dissipation, suppressed menses, &c.

Treatment.—In a confirmed state of consumption, nothing that art has hitherto been able to do, can afford us any solid hope of cure. When once the disease is firmly seated in the lungs, all that is possible, is to smooth the passage to the grave, and perhaps for a while to retard it. If, however, the disease is taken in its very bud, much may be done by removing the cause, and change of climate, a milk diet, vigorous and daily exercise on horseback, and by carefully avoiding cold and all exciting causes. A removal to a warm climate should be the first step taken, if practicable: if not a voyage to sea, or a long journey on horseback. A complete suit of flannel, worn next the skin, is an indispensable article for every one, who is even inclined to this most fatal disorder.

PALPITATION OF THE HEART.

The symptoms of this disease must be obvious from its name. When it arises from a diseased

state of the heart or its vessels, nothing can be done to cure it. The patient should be careful to avoid a full habit of body, and abstain from violent exercise. He should live low, and keep as quiet and composed as possible. A fit of anger or any imprudence may cost their life. There is a milder form of this disease, resulting from debility, which must be remedied by resting the general strength of the system. It is symptomatic of other diseases, and must be treated accordingly.

DROPSY OF THE CHEST.

Symptoms.—Difficulty of breathing, which is increased in lying down, oppression and weight at the breast, countenance pale or livid, and extremely anxious, great thirst, pulse irregular and intermitting, cough, violent palpitation of the heart, the patient can lie on one side only, or cannot lie down at all, so that they have to sleep sitting, frightful dreams, a feeling of suffocation, &c.

Treatment.—This is another of those diseases that mock the art of man. To say it is incurable, would be hazarding too much, but as yet, it has nearly always proved so. All that can be done, is to treat it as is laid down for dropsy in general, which consists of steaming, purging, and emetics. But in diseases of so serious a nature a skilful Physician should be applied to.

INFLAMMATION OF THE STOMACH.

Symptoms.—A fixed burning pain in the stomach, small, very quick pulse, sudden and great

weakness, the pain in the stomach increased on slightest pressure, vomiting, hiccup. To these are sometimes an erysipelatous inflammation, extending from the mouth to the stomach, fainting, clammy sweats and death.

Causes.—Cold suddenly applied to the body or stomach, drinking largely of cold water while very warm. The striking in of eruptions, poisons, gout, rheumatism, &c.

Treatment.—Give a steam-bath immediately and very freely, rub them all over with the Compound No. 10, and apply a poultice of hops and vinegar to the pit of the stomach. A warm laxative injection must be given and repeated frequently, which is composed of molasses half a pint, warm water one pint, Cayenne pepper one drachm, common salt a tablespoonful. This plan of treatment to be kept up until the inflammation is subdued.

When the inflammation is reduced, and the stomach will bear it, arrow root jelly or gum arabic tea, from time to time is to be given. The most rigid diet must be observed, and the patient kept very quiet. If mortification ensues, death is the inevitable consequence. It may always be expected to take place, when from the state of torture we have just described, there is a sudden change to one of perfect ease.

CRAMP IN THE STOMACH.

Symptoms.—Violent spasmodic cramp, with excruciating pain in the stomach, which is so severe, as nearly to cause fainting.

Causes.—Imprudence in eating articles that do not agree with the stomach, such as will not digest.

Treatment.—A teaspoonful of No. 9 Tincture of Lobelia, to be repeated every ten minutes until it vomits the patient, if this does not give immediate relief give a steam-bath.

HICCUPS.

Symptoms.—A spasmodic affection of the stomach and diaphram, producing the peculiar noise, which gives rise to the name.

Treatment.—When hiccup occurs at the close of any disease, they may be considered harbingers of death; they, however, frequently arise from acidity in the stomach and other causes. A long draught of cold water, a sudden surprise, or fright, puts a stop to them. Violent cases of hiccup have been relieved, that have resisted every other remedy by giving five drops of oil of amber every ten minutes, it may be taken in a little mint water.

HEART-BURN.

This common and distressing complaint is most generally connected with indigestion. To relieve it for the moment, magnesia, and soda water, may be employed. To cure the complaint, it requires to strengthen the digestive powers by tonics, bitters, and the different treatment for that purpose.

INDIGESTION.

Symptoms.—Want of appetite, low spirits, pains and fulness in the stomach, belching, a sour

water rising in the mouth, heart-burn, the bowels are irregular and generally costive, weakness and emaciation, pulse small and slow, pain in the head, skin dry, great uneasiness after eating.

Causes.—All those that produce debility, excessive indulgence in the pleasures of the table, or intemperance in any way; a sedentary life or want of exercise;not indulging the appetite when hungry, a diseased liver, &c.

Treatment.—In every case of indigestion, the first thing the patient should do, is to abstain from whatever may have tended to produce it. The diet should consist of animal food, that is light, nourishing, and easily digested. Roasted mutton is perhaps preferable to any other. Country air, and constant exercise on horseback are invaluable remedies in this disease, as it is generally occasioned by a departure from natural habits and employments, it must be relieved by a return to them.

Flannel should be worn next the skin, and care taken, to avoid cold or exposure to wet weather. An emetic should be given, twenty grains of Ipecacuanha and a moderate steam-bath, after which, take three times a day a tea-spoonful of the compound No. 10, and keep the bowels open by some warm laxative, No. 4 cathartic Pills, are very good for that purpose, one or two to be taken at night, and the whole frame braced by the daily use of the cold bath, taking care to take plenty of exercise and fresh air. If the disease arise from a diseased liver, recourse must be had to the plan laid down for its cure.

Inflammation of the Liver.

Symptoms.—A dull pain in the right side below the ribs, which is more sensible on pressure, an inability to lie on the left side, pain in the right shoulder-blade, a sallow complexion. Such are the symptoms of an acute attack of this disease. There is another species called chronic, in which its approaches are so gradual, that it is a difficult matter to determine its nature. It commences with all the symptoms of indigestion and ends in jaundice or dropsy.

Causes.—Long continued fever and ague; inflammation; acrid bile; drunkenness, or a free use of spirituous liquors is a very common cause; injuries from blows, &c. Distinguish it from pleurisy by the pain not being so severe; and by its extending to the shoulder-blade; by not being able to rest on the left side.

Treatment.—Use the steam-bath freely, according to the age, strength, and violence of the pain, and after steaming, give a tea-spoonful of No. 9 Tincture of Lobelia, every ten minutes until it vomits, and if it should not vomit after repeating the dose three or four times, add to a pint of warm water, a piece of pearl-ash about the size of a pea, and give it at one draught. After which give the following injection, one pint of warm water, Epsom Salt one ounce, Cayenne pepper half a drachm, molasses four ounces. This is to be repeated once daily, as long as there is any symptoms of the disease. The whole of the treatment may be repeated as often as thought proper, or until the inflammation is entirely reduced. After which, in order to restore the tone

of the system, give a wine glassful of the compound No. 10, every morning fasting. If an abcess forms and points outwardly, apply bread and milk poultices to the tumor, and as soon as matter is formed within it, and can be distinguished by the feel, open it at its lowest and most projecting part with the point of a sharp lancet, and let out its contents slowly, taking care not to close the wound, until this is completely effected. The patient must be supported with good wines and a generous diet, or they will sink under the disease.

JAUNDICE.

Symptoms.—Languor, loathing of food, a bitter taste in the mouth, vomiting, the skin and eyes of a yellow colour, the stool clayey, and the urine giving a yellow tinge to rags dipped in it. There is a dull pain in the right side under the last rib, which is increased on pressure. When the pain is severe, there is fever; the pulse hard, full, &c.

Causes.—An interruption of the regular passage of the bile, which is carried into the blood. It is occasioned by gall-stones, a diseased liver, &c. Intemperance is a very common cause, hence tipplers are more subject to it, than others.

Treatment.—If the pulse be hard and full, the pain great, and other inflammatory symptoms be present, an emetic of twenty grains of Ipecacuanha should be given, and if this should not vomit freely, repeat the dose. They should be placed in the steam-bath and steamed freely as the age and strength of the patient, and the violence of the pain, seems to demand. If the pain be acute

at one particular spot, there is reason to suppose that a gall-stone is lodged there, and the same treatment must be repeated as long as there is any symptoms of the disease, taking care to keep the bowels freely open, with No. 1 anti-bilious Pills. The diet should be chicken and mutton soup, well seasoned with Cayenne pepper. Regular exercise (on horse-back, if possible) should never be neglected by persons subject to this disease.

Inflammation of the Intestines.

Symptoms.—Sharp pain in the bowels which shoots round the navel, and is increased on pressure, sudden loss of strength, vomiting of dark coloured, sometimes excrementitious matter, costiveness, small, quick, and hard pulse, high coloured urine, &c.

Distinguish it from cholic, by the pain being increased by pressure, whereas in cholic it is relieved by it.

Causes.—Costiveness, strangulated hernia, violent colds, &c.

Treatment.—This is another of those formidable diseases, that require the most prompt and efficient treatment, as it frequently runs its course in less than twenty four hours. If a skillful Physician cannot be obtained immediately, the following course of treatment may be pursued. Give twenty grains of Ipecacuanha, for an emetic, and give a steam-bath immediately, and freely, after which apply a large poultice of hops and vinegar all over the abdomen, and rub the legs and arms with the compound No. 10. If a

protruded intestine is the cause of it, apply ice to the tumor, and press it up genteelly and give a dose of castor Oil. If costiveness is the cause, injections of warm soap suds must be given and repeated until free discharges are brought on, after which the patient can take some chicken broth, flaxseed tea, or barley water.

CHOLERA.

This distressing disease, generally termed spasmodic Cholera, which is now prevailing on this continent, is no new disease. The most remarkable epidemic of this kind which has prevailed, was early in the fourteenth century, a time when medical science was at a low ebb. There are accounts of the most frightful aspect, relating to this disease at that time, some of the towns in the north of Europe, were nearly depopulated. We have frightful accounts of its existence in the sixteenth century. Bontias, a Dutch physician, who wrote of the disease at Batavia in 1629, says, the Cholera morbus "is extremely frequent"—the patients often die of it "so quickly, as in the space of twenty four hours at most. "This disease is attended with a weak pulse, difficult respiration, and coldness of the extreme parts, to which are joined, great internal heat, and insatiable thirst, perpetual watching, and restless and incessant tossing of the body. If together with these symptoms, a cold fetid sweat should break forth, it is a certain sign that death is at hand."

The Madras medical board gives the following particulars: A disease having, in October

last, prevailed at Arcot similar to an epidemic that raged amongst the natives about Paliconda, in the ambrose valley, in 1769 to 1770, in an army of observation January 1783, and the Bengal detachment at Laugand in 1781, and several other places at different times, as well as under the appearance of dysentery, cholera morbus, or mordixim, but attended with spasms of the precordia, and sudden prostration of strength as characteristic marks."

Dr. Paisley notices Cholera in 1774, at Madras. He says it is often "epidemic among the blacks, whom it destroys quickly." When the disease is epidemic, it "brings on sudden prostration of strength, and spasms over the whole surface of the body."

Dr. Somerat notices this disease as it appeared from 1774 to 1781.

"There is also another disorder, which reigns and in twenty four hours or sometimes less, carries off those who are attacked." Debauchees, and those who have indigestions, or are attacked with a looseness, or rather with an involuntary flux of the excrementary matter become liquid." This "flux," some years ago, destroyed "above sixty thousand people from Cherigam to Pondicherry." The symptoms of this disorder were—a watery flux, accompanied with vomiting and extreme faintness, a burning thirst, great oppression of the breast, and suppression of urine. Two years afterwards, there was another epidemic, in which "those attacked had thirty evacuations in five or six hours, which reduced them so weak, that they could neither move or

speak." They were often without pulse; the hands and ears were cold, the face lengthened, the sinking of the sockets of the eyes, was the sign of death.

Cholera observed at Mauritias in 1775 and 1819 by Dr. Burne—"the mortality was particularly among the people of colour."

At Gangam in 1781, Cholera was extensively seen as an epidemic. "It assailed them with almost inconceivable fury. Men previously healthy dropped down by dozens; and those less severely affected were generally dead or past recovery in an hour. The spasms of the extremities and trunk were dreadful; and distressing vomiting and purging was present in all. Besides those who died, upwards of five hundred were admitted into the hospital daily."

This disease has been noticed by Curtis in 1782. From this up to 1790, the disease is said to have prevailed very frequently in different parts of the East Indies. It would be useless to repeat the symptoms, they were generally such as we have already noticed.

It is stated in the "Bengal report," that in April, 1783, Cholera destroyed above 20,000 people who had assembled at a festival. The Madras board of health observe, that those authorities would seem accordingly to establish the facts of its existence, during the period extending from 1769—'70 to 1787, where we find the first records of this office as given in the extracts, and which we now come to consider.

Dr. Duffin treats of Cholera in 1787. "The Cholera rages at Arcot with great violence—ma-

ny of the men are carried off in twelve hours illness." The symptoms are such as we have already enumerated, and need not be repeated here; this epidemic, under the notice of Dr. Duffin, seems to have partaken a good deal of the spasmodic character. This epidemic at Arcot has been noticed by Mr. Thompson also, who says, among other things, that "the bladder was contracted to the size of a walnut."

Cholera has also been noticed in the northern Circars—"the disorder was characterized by precisely the same symptoms which marked the late epidemic. It began with violent pain and spasms in the stomach and bowels; which were followed by purging and vomiting, and all the signs of extreme debility."

It appears, by the foregoing history of the disease, and some additional reports of the Madras board, that Cholera did not commence, as has been very generally supposed, in the year 1817 in India. From that date it seems to have taken on a more epidemic character.

We are told that "the epidemic Cholera commenced its destructive ravages in various parts of the Delta, formed by the mouth of the river Ganges, in India, during the summer of 1817. Presenting many of the features of the ordinary Cholera morbus, it had some symptoms superadded, which distinguished it from that disease. The chief of these latter are, the suddenness of the onset, and the rapidity of its course, the extreme exhaustion of the animal powers, the distressing cramps or spasms of the muscles of the limbs and body, which commonly attend it, and,

more especially, its strongly marked epidemic character.

"Continuing its ravages from the period mentioned, by the end of 1818, the disease had pervaded nearly the whole of Hindostan, from the Himalayah mountains in the north, to cape Comorin on the south; and from Bombay and Surat on the west, to Sylhet on the east. In 1819 it broke out in the kingdom of Arracan on the east; Penang and Java on the south east; and in the isles of France and Bourbon on the south west. The effects of the epidemic were, also, experienced still further to the south east, over the whole of the India Chinese peninsula. In 1820, it prevailed in Siam, Malacca, the Philippine Islands, the southern province of China, and at Guzzerat in India. In 1821 it occurred at Muscat, on the southern extremity of the Arabian peninsula, and again in the Island of Java. During this year, Bushire, Sebiraz, and other parts of Persia; Bassora and Bagdad in Arabia; the Island of Bahrien in the Persian gulph; and in a south eastern direction, the Island of Borneo, suffered severely from the presence of the epidemic. During the succeeding winter, the disease became dormnant, both in Persia and Syria, but in the spring of 1822 it again revived and made its appearance among other places, in Ispahan, Teherand, Tabriz, Mousul and Diarbeker. By the end of the year, indeed, almost every place of note in Persia had been ravaged by the pestilence. In the spring of the year ensuing, (1823,) it broke out at Latokia, Antioch, Tortosi, Tripoli and in other towns along the eastern shores of the Me-

diterranean, and in the Spice Island, as well as still further south, in the Island of Timor near New Holland. Previously to the autumn of this year, the disease had prevailed throughout Asiatic Turkey, from Bassora and Bagdad, to Erzeroum and Antioch. Egypt, however, escaped until a much later period. In August of this year, the disease prevailed in the province of Shervan and in Backu, as well as in other places on the western side of the Caspian sea; and it finally, made its appearance in the city of Astracan, near the mouth of the Volga. Subsequently to the year 1823, the disease continued its ravages throughout China and in various parts of India; and towards the close of 1826, it almost depopulated several cities in Mongolia, occurring as far north as the borders of Siberia. In 1820 it appeared at Tiberus in India. In Persia, the epidemic reappeared several times; the city Teheran being ravaged by it in 1829. In 1828, the disease once more broke out in the Russian dominions, appearing unexpectedly at Orenburg, a town situated on the Ural river, four hundred and eighty miles north east from Astracan. On the setting in, soon after, of cold weather, it however, completely and promptly ceased. But in the summer of 1829, it recommenced its ravages with greater severity, and occurred in many places, also of the neighborhood. About the middle of June 1830, the Cholera made its appearance in Triflis, a city in Georgia, and, in the meantime reoccurred at Backu. By the 20th of July, Astracan was for the second time a sufferer from the epidemic. This disease

occured successively in various towns and villages, situated along the shores of the Volga, and from the south of the Caspian sea, Iver and Vologia; in a short period the disease made its appearance at Archangel on the north, and in the greater part of Poland on the south; ravaging, in fact, the principal places from the borders of Prussia to Odessa, and from Odessa to the White sea. (The disease appeared at Moscow in the middle of September, 1830.) In April, 1831, Warsaw was attacked, Riga in May, Archangel in June; in the latter month the disease appeared likewise in St. Petersburg, and in July at Cronstadt. In Dantzic in Prussia, the epidemic broke out in May, 1831, and at the same time in Brody and Lemberg in Austria. In Berlin the disease commenced in August, in Vienna in September; it likewise occurred in various parts of Hungary, and before the close of the year, it had desolated nearly fourteen thousand towns and villages. In October it suddenly appeared in Hamburg, and in different parts of the kingdom of Hanover. In the month of August, it made its appearance in the eastern part of England, at Sunderland, a sea port in the county of Durham, situated at the mouth of the river Wear. The disease did not however, attract much notice, until near the end of October. In December it proceeded at New Castle, on the Tyne, to the north of Sunderland, and at Gateshead to the south. It likewise appeared subsequently in various places to the west, and in different parts of Scotland: London became subject to the epidemic in 1832, and accounts have reached us, of its appearance also

at Dublin, and other parts of Ireland, while in the month of May, 1832, it was prevailing to an alarming extent at Paris and its neighborhood."

In the month of June, 1832, it made its appearance at Montreal and Quebec, and was attended with great mortality. The disease also appeared in New York, in the month of July, presenting there its malignant form, and in the same month at Philadelphia, and about the first of August at Baltimore.

In summing up the different views of this epidemic, we would suppose it to be a specific disease, caused by a specific poison floating in the atmosphere, or in the vegetation, that, therefore, there is but one disease of the kind; but there are different and well marked forms—these forms may be more or less blended, or may exist in succession—and this being an epidemic, is specifically different from common Cholera morbus, which is caused by eating some indigestible article, they are materially different. Whether all epidemic Choleras are the product of one poison, we will not pretend to say—thus, the disease sometimes nearly resembles malignant bilious fever, there can be no doubt—and, in every season that bilious fever assumes a malignant form, more or less cases of Cholera morbus are reported, and more or less cases that have terminated fatal in a few hours after the attack.

Information collected from all countries, contribute to show, that Cholera does not assume its malignant form except the system be prepared for it. As many have dysentary, Cholera mor-

bus, bilious fever, &c., and are cured, without getting the malignant cholera; but most undoubtedly, if either of these diseases were suffered to run on without medical aid, they would terminate in spasmodic cholera. If the intemperate, the impoverished, the unclean, the imprudent gourmandizer of every trash, and those labouring under indigestion and other chronic affections, be attacked at this time with an acute disease, it will be malignant cholera, because their system is already predisposed for the prevailing disease, and it being spasmodic cholera. In the same manner are patients taken off suddenly with typhus, or yellow fever, when they prevail as an epidemic, and persons of correct habits are almost never overtaken with the malignant form of the disease.

Such being the case, we have no hesitation in saying, that the chances of escaping danger from epidemic cholera will be greatest to those who live upright and prudent.

Symptoms.—Malignant cholera appears generally to put on the same symptoms, no matter what disease may precede it, and the attack generally very sudden. The patient is attacked with vomiting, purging, violent pain and cramp in the abdomen, attended with spasm, the whole body and the tongue cold as ice, the face looks as if frozen, the hands appear blue with cold, and corugated as if they had been soaked in soap suds; the eyes deeply sunk in their sockets, the tongue coated white, pulse imperceptible, violent cramp in the feet and hands, difficult respiration, and apparent drowsiness; the discharges

sometimes have the appearance of rice water, but not always. I have seen it sometimes quite a yellowish brown, and an hour or two before death they complain but little of pain, but become very restless, having great thirst throughout the progress of the disease. And when the symptoms here described make their appearance, they put all medical skill at defiance. It appears in vain to attempt to arrest its progress. But this should not deter the skilful physician from trying to do something as long as the vital spark remains in the body.

Treatment.—The following treatment has been pursued in the last stages of the premonitory symptoms, when the first symptoms of cholera made their appearance, and with very great success. The patient is placed in a steam-bath, and a table spoonful of No. 9 Tincture Lobelia given every ten minutes until it vomits, and relieves the cramp; the body is then rubbed all over with the No. 10 Compound; after which one of the No. 6 Stimulating Pills is given every half hour, and in the intervals as much good French brandy and water as they will drink. This proves strongly the mistaken notion as it respects the inflammation of the inner coat of the intestines. It is nothing more than a debility of those vessels, and it is owing to the warmth, and the small portion of vitality that remains, when the cuticular vessels having lost their vitality, the blood retreats to those internal vessels, and they being unable to defend themselves, become enlarged, hence the propriety of using the steam-bath and stimulants externally, and the adminis-

tering of defusible stimulants internally, in order to equalize the circulation. The Tincture of Lobelia serves to cleanse the stomach of any offending matter that may be lodged there, and at the same time being our most powerful antispasmodic, relieves the spasms. And when we find the patient convalescent, a tea-spoonful of No. 2 Quinine mixture should be given every half hour, and the diet should be chicken water moderately seasoned with Cayenne pepper, and nothing heavier given, for the system being in such an extreme state of debility, it is unable to digest any thing solid or heavy, and if taken it will throw the patients into a state of collapse, from which they never can recover. When the premonotory symptoms make their appearance, they should be treated according to the rules laid down for the treatment of bilious fever, diarrhœa, dysentery, &c.

DYSENTERY.

Symptoms.—Fever, frequent small stools, accompanied by griping, and bearing down pains, the discharge consisting of pure blood, or blood and matter, sometimes resembling the shreds of washing of raw flesh, a constant desire to go to stool, attended frequently with vomiting.

Distinguish it from diarrhœa or lax, by the fever, griping pains, and the constant desire to evacuate the bowels, by the discharge itself being blood, or matter streaked with blood, &c.

Treatment.—An emetic of twenty grains of Ipecacuanha should be given, and after the operation of the emetic, place the patient under a

steam-bath, and rub him well with No. 10 compound, and take a tea-spoonful of No. 5 Astringent mixture every hour, with the following injection, Bayberry bark in powder one ounce, Tincture of Myrrha one ounce, Molasses half a pint, strong hop tea one pint—this is to be repeated every half hour, while there is pain. And if this does not give relief, apply a large poultice of hops and vinegar, as hot as they can bear it, all over the abdomen. The diet should be very light and the No. 11 Diet drink to be given throughout the disease.

DIARRHŒA OR LAX.

Symptoms.—Repeated and large discharges of a thin excrementitious matter by stool, attended with griping and a rumbling noise in the bowels.

Causes.—The same causes produce dysentery that produce diarrhœa, eating of indigestable articles of food and unripe fruit, living in a low damp situation, lying on the damp ground after a hard day's labour or when overheated.

Treatment.—Take a steam-bath, after which take half a pint of rhubarb tea made in the following manner: two drachms of the bruised root of Rhubarb, and a small portion of anis-seed, pour over it half a pint of boiling water and let it steep for ten minutes. If this should not give entire relief, take a few doses of No. 10 compound.

COLIC.

Symptoms.—Violent shooting pain that twists round the navel, the abdomen much swollen, ob-

stinate costiveness, cold chills at times, then flushes of heat, great inclination to vomit, without being able at times, cramps in the legs, &c.

Causes.—Eating of indigestible articles of food when costive, a predisposition to colic when costive, particularly painters, exposure to cold and wet, fermented liquors, eating of nuts, honey, &c.

Treatment.—The first thing to be done is to give an emetic to remove the offending matter in the stomach, and the following injection: table salt two table-spoonsful, warm soap suds a pint, one drachm of Cayenne pepper, the steam-bath is particularly serviceable in this complaint, also the hop poultice, after which give a decoction of sennæ two drachms, Epsom Salts one ounce, anis-seed two drachms, and repeat the dose until it operates freely.

In bilious colic, when there is a vomiting of bilious matter, the same injection as is described in common colic must be given immediately, and repeated if the vomiting continues, and give chicken water made quite salt to drink, also peppermint tea, and after you have quieted the stomach, the decoction of sennæ and salts may be given and repeated as long as there are discharges of bile and if there is much fever, give the steam-bath freely.

WORMS.

Symptoms.—Intolerable itching at the nose, sometimes at the fundament, disagreeable breath, grinding of the teeth and starting during sleep, hardness of the belly, gradual emaciation, colic, and sometimes convulsions.

Treatment.—This will vary according to the kind of worm that is to be destroyed. They are of three kinds: If it is the white thread worm, which are generally found near the fundament, take aloes one ounce, liquorice two ounces, coriander seeds half an ounce, gin one pint. Digest in a bottle for a week, shaking the bottle frequently. The dose for a child is a tea-spoonful every morning, and for an adult a table-spoonful with half the quantity of a strong decoction of the Carolina pink root. This is not only good for the thread worm, that resembles a small piece of white thread, but also to kill the long round worm. If it should fail, half a drachm of wormseed oil mixed with an ounce of castor oil may be divided into two doses, and give one each morning.

THE TAPE WORM

Inhabits the whole of the internal canal, and frequently defies all our efforts in trying to remove it. Large doses of spirits of turpentine, from half an ounce toan ounce, in barley water, have been advantageously employed for this purpose; it may be taken daily for several days, but the patient must take freely of gruel or barley water to prevent it from entering the stomach and kidneys. The patient should be particular to strengthen his bowels and system by bitters, wine, and animal food.

GRAVEL.

Symptoms.—A fixed pain in the loins, numbness of the thighs, inclination to vomit, urine

small in quantity, voided with pain, and sometimes bloody. As the gravel passes from the kidney into the bladder, the pain is so acute as to cause fainting, vomiting and hiccup. When the stone is in the bladder, there is a constant desire to make water, which comes away in small quantities at a time, and is often suddenly interrupted, the last drops of it occasioning great pain. Riding over a rough road, or any irregular motion or jolting, causes excruciating pain and bloody urine, accompanied with a constant desire to go to stool.

Treatment.—When the stone is in the bladder, the only remedy is to apply to a surgeon and have it taken out. The pain may be relieved by applying the hop poultice, and giving twenty grains of Sodæ every hour with Uva Urci tea, also the steam-bath may be given freely with great advantage. Persons subject to this disease, should be careful to keep the bowels open, and avoid eating pickles, or taking acids, fermented liquors of all kinds, including the red wines, beer, &c. For a common drink, soft water, Sodæ water is to be preferred.

Diabetes, or an immoderate flow of Urine.

Symptoms.—Frequent discharges of large quantities of urine, which is sometimes of a sweet taste, skin dry, bowels costive, appetite voracious, weakness, and gradual emaciation of the whole body.

Treatment.—The principal remedy for the cure of this disease, consists of animal food used exclusively, and the steam-bath. The carbonate

of Ammonia, in doses of eleven or twelve grains three times a day, has been strongly recommended, upon high authority.

DROPSY.

Symptoms.—A swelling generally commencing in the feet, and in a short time extends to the abdomen, preceded by a diminution of urine, dry skin, and afterwards an oppression at the breast. If there be pressure made with the finger, the depression remains for some length of time.

Causes.—Diseased liver, ague and fever, intemperance, &c.

Treatment.—One of the most valuable remedies is two drachms of Cream of Tartar, and half a drachm of Jalap mixed and taken twice daily. The patient should be steamed at least once a day and be well rubbed with a flesh brush. For a common drink the patient should take Cream of Tartar and water. This will cause large watery evacuations, and give almost immediate relief. At the decline of the disease, the strength of the patient must be supported and restored by barks, wine, and the tonic plan recommended for indigestion.

GOUT.

Symptoms.—Pain in the small joints, generally in the ball of the great toe, the parts swollen and red, the attack coming on in the night. Such are the striking symptoms of this disease, and generally the first that are noticed. It is occasionally, however, preceded by all those at-

tendant on indigestion. In the advanced stages chalky lumps are formed in the joints.

Causes.—High seasoned food, fermented liquors, indolence and intemperance.

Treatment.—If the patients be young and vigorous, they must be treated accordingly, confine them to low diet, purge them freely with No. 1 anti-bilious pills, and steam them freely. When they are relieved of their pain, they must take exercise daily, and avoid the causes above mentioned. If from any cause, the disease leaves the extremities and flies to the stomach, apply mustard poultices and blisters to the ankles and wrists, also apply a hop poultice to the stomach, after which the patient must be purged, and steamed freely.

INFLAMMATORY RHEUMATISM.

Symptoms.—Pain, swelling and inflammation in some one (or several) of the larger joints. The pain shifting from one part to another, all the symptoms of fever, pulse full and hard, tongue white, bowels costive, and urine high coloured.

Treatment.—Steam the patient freely, and give twenty grains of Ipecacuanha in half a tea cup of warm water, and if this should not vomit, repeat the dose; after which purge the patient freely with sennæ and salts; No. 10 compound should be given every two hours, after the operation of the medicine, until the patient gets relief.

CHRONIC RHEUMATISM.

Symptoms.—A chronic rheumatism is nothing more than one of long standing. It is unaccom-

panied by fever, and makes its attacks on every change of the weather, or getting wet, &c.

Causes.—Exposure to cold without sufficient clothing, intemperance, lying on the damp ground, wearing of damp clothes, sleeping in damp rooms, &c.

Treatment.—Rub the parts well with No. 10 compound, and wrap them up in flannel, and pursue the same treatment as is laid down for inflammatory rheumatism. The best safeguard against the complaint is, the use of flannel next the skin, summer and winter.

HIP-JOINT DISEASE.

Symptoms.—Excruciating pain in the hip-joint and knee, the leg becomes first longer and then shorter than its fellow. When lying down the foot rolls outwards, the buttocks appearing flatter than usual, lameness, after a while abscesses in various parts of the thigh, a wasting fever and death.

Causes.—A predisposition to scrofula or bad swellings, injuries done by falls on the hip.

Treatment.—Whenever the first symptoms make their appearance a skilful Surgeon should be sent for immediately, so that he may have an opportunity of restoring the limb to health, as it can be done by taking it in time. If it should be suffered to run on until matter is formed, barks, wine, and a generous diet must be employed. It mostly proves incurable when it gets to this state. And in all cases of swellings and tumors, a skilful physician should be applied to.

FAINTING.

Causes.—Sudden and violent emotions of the mind, bleeding, diseases of the heart and its great vessels.

Treatment.—Lay the patients on their back, take off their cravat, then open the door and windows, and sprinkle cold water on their face. Smelling salts may be held to their nose if convenient, if not, burnt feathers, which sometimes answers a much better purpose than the salts.

TETANUS OR CRAMP.

There are many very long and learned names affixed to this disease, as it may happen to attack one part of the body or another. When it is confined to the muscles of the neck and jaws, lock-jaw is the common and expressive term for it. The affection, is always the same, requires similar treatment, and consists in an involuntary contraction of the muscle, the senses remaining perfect.

LOCK-JAW.

Symptoms.—A stiffness in the back of the neck, which renders it first painful, and at last impossible to turn the head round, difficulty in swallowing, pain in the breast shooting to the back, the lower jaw becomes stiff, and gradually closes.

Causes.—It arises from a wound done with a small and narrow instrument, which closes up directly; and severe injuries done the sinews of a part.

Treatment.—If the disease is supposed to arise from a wound by a small instrument, it must be enlarged, then pour laudanum and spirits of turpentine, into it. If it be wounded tendons, the limb must be amputated immediately. In the first instance the patient may be steamed freely, and thirty drops of No. 9 Tincture Lobelia be given every ten minutes until relief is given.

ST. VITUS'S DANCE.

Symptoms.—Irregular and convulsive motions of the head and limbs, generally of the arm and leg of one side only. It varies, however, in different persons, and is frequently counterfited by beggars.

Treatment.—The daily use of the cold bath, with a tea spoonful of No. 2 Quinine mixture, every two hours, and every morning a dose of No. 1 anti-bilious pills.

SCARLET FEVER.

Symptoms.—Chills, heat, thirst, head-ach, the skin is marked with large red or scarlet patches, which come out on the second day of the fever and at last unite, disappearing in a kind of branny scurf, sore throat, &c.

Treatment.—An emetic, Ipecacuanha twenty grains should be given immediately, after which a dose of No. 4 Cathartic Pills, should be given, and worked off with chicken water, seasoned with Cayenne pepper. If there is great excitement, the pulse full and strong; head-ach, and great thirst, give a steam-bath and repeat the purgative. If the throat should get very sore, use

the following gargle, yeast half a pint, honey a table-spoonful, and four table-spoonsful of No. 10 compound, the throat must be gargled several times a day with this gargle. And if it should put on a malignant form, it must be treated in the same manner as is laid down for putrid sore throat.

Erysipelus, or St. Anthony's Fire.

Symptoms.—Fever, delirium, vomiting, pulse strong or weak as the fever inclines to the inflammatory or typhus kind, on the fourth day, sometimes on the second or third, the skin in some one part becomes red and inflamed, which is soon extended to others, the parts affected being swollen and of a bright searlet. If the face is attacked, it spreads itself on the scalp, and the eyelids sometimes swell so as to prevent them from seeing; after a longer or shorter period, the eruption ends in small watery vesicles, or, in branny scales. At this period, the fever sometimes abates, at others, drowsiness or delirium comes on, which increases it and destroys the patient by the eleventh day. But this is not common, except it be with patients that have been broken down by intemperance and exposure.

Treatment.—This disease is of two kinds. One of which is principally confined to the skin, while the other effects the whole system. If the accompanying fever is inflammatory, steam freely and purge with salts and sennæ. If it should be of a low grade, treat it with tonics, No. 2, and 3, freely, and for a common drink lemonade, wine and water, soups, &c. If inflammatory, the

diet should be very light, and the drink lemonade. If the parts affected should have the appearance of mortifying, apply a blister over them, and if matter should be formed underneath, a free incission should be made. In the forming stage of the disease cold water may be applied with advantage, but flour and articles of the kind ought never to be used.

MEASLES.

Symptoms.—Inflammatory fever, a dry cough and hoarseness, sneezing, watering of the eyes, which itch, a running from the nose, great drowsiness. On the fourth day, small red points break out, first on the face, and then gradually over the body. They are in clusters, and on passing the hand over them, are found to be a little raised. On the fifth or sixth day the vivid red is changed to a brown, and the eruption goes off.

Distinguish it from Small-Pox and all other diseases, by the dry cough and hoarseness, by the appearance of the eyes, which are red, swollen, and loaded with tears.

Treatment.—The patient must be confined to a low diet, and kept in bed as much as possible, and no more covering than is agreeable to their feelings, the room should be cool, and if there is much fever and pain in the head, the bowels should be opened freely with the following purgative: Rhubarb twenty grains, Ipecacuanha ten grains, to be repeated if it does not give relief. Care must be taken not to repel the eruption by cold. If this should happen give a steam-bath

immediately, and if it should affect the eyes very much, apply poultices of herbs and flour, or flax-seed with a small portion of mustard to the feet, frequently warming and applying them as hot as they can be borne. If the disease should put on a typhus form, treat it as laid down for typhus fever.

CHICKEN-POX.

Symptoms.—Fever, inability to sleep, pain in different parts of the body, a crop of little pimples or points on the back, which, by the second day, are changed into blisters, which fill with matter, and sometimes leave pits behind them, the same as Small-Pox.

Distinguish it from Small-Pox, by the eruption coming out on the back, by the mildness of the fever, by the fluid contained in the vesicles or blisters not being true matter, and by the whole falling off on the fifth day.

Treatment.—Confine the patients to their bed, keep them cool and quiet, and give a dose of salts, this is all that is necessary.

COW-POX.

Symptoms.—A pimple at the spot where the matter was inserted, which gradually undergoes certain regular changes, that characterize the complaint, and determine it to be genuine.

Changes of genuine Cow-Pox.—On the second day or sooner, from the time of the insertion of the matter, a small speck of inflammation is to be perceived, which, on the fourth day, is a pimple, surrounded by a circle of inflammation.

On the fifth, this pimple changes to a vesicle, containing a thin fluid. On the sixth, this vesicle is more perfect, its margin forming a regular circle; it is also a little flattened on the top, the centre of which is of a dark colour. On the eighth or ninth day, a slight fever with chills are felt, accompanied by swelling of the pustule, and pains shooting up the arm, the glands or kernals of which occasionally swell.

On the tenth or eleventh day, the pustule is surrounded by a circular, vivid, inflammatory blush, that is very beautiful. This is regarded as a decisive proof of the presence of the genuine Cow Pox. On the eleventh day, the centre of the pustule begins to grow dark coloured, which gradually increases to a brown or mahogany, (which shows the crust to be genuine, if you wish to vaccinate with it) and leaves the arm about the second week, and may be taken off. If it is intended for use, it must be kept in wax, so as to keep the air from it, and may be by this means preserved six months, after which, it is good for nothing.

Treatment.—Keep the patient on low diet and give a dose of salts. If there should be much inflammation, bathe the pustule with cold water.

SMALL-POX.

Symptoms.—Inflammatory fever, drowsiness, pain in the pit of the stomach, head-ach, pain in the back, inclination to vomit, on the third day, the eruption breaks out on the face, neck and breast, in little red points, that look like flea-bites and which gradually appear over the whole

body. On the fifth day, little round vesicles, filled with a transparent fluid, appear on the tops of each pimple. The eruptive fever now declines. On the ninth day the pustules are perfectly formed, being round and filled with thick yellow matter, the head and face also swelling considerably. On the eleventh day, the matter in the pustules is of a dark yellow colour, the head grows less, while the feet and hands begin to swell. The secondary fever now makes its appearance. The pustules break and dry up in scabs and crusts, which at last fall off, leaving pits, which sufficiently mark the cause.

Such are the symptoms of the mild form of the disease, but it frequently assumes a more terrible shape, in what is called confluent Small-Pox. In the latter, all the symptoms are more violent from the beginning. The fever is a typhus, there is delirium, preceded by great anxiety, heat, thirst, vomiting, &c. The eruption is irregular, coming out on the second day in pustules, the vesicles of which are flatted in, neither does the matter they contain turn to a yellow, but to a brown colour. Instead of the fever going off on the appearance of the eruption, it is increased after the fifth day and continues throughout the complaint. The face swells in a frightful manner, so as to close the eyes; sometimes putrid symptoms prevail from the commencement.

Treatment.—Place the patient in a cool airy room, and let the bed clothes be light. Purge them with salts every other day. The diet should consist of rice, barley, &c. and the drink lemonade not very warm. If from any cause,

the eruption should be struck in, steam them freely, and give warm wine to drink, using poultices to the feet, as directed in measles. Obstinate vomiting is to be stopped by giving a teaspoonful of No. 9, every ten minutes, until you have given three tea-spoonsful, then give some strong coffee, without milk or sugar.

In the confluent Small-Pox, the treatment must be varied as it inclines more or less to the inflammatory or putrid typhus. If it inclines to the first, act as is directed for the distinct kind, if to the last, employ all those means directed in putrid fever. If the eyes are much affected, it will be necessary to bathe them frequently with warm milk, and to smear the lids with some simple ointment.

ITCH.

Symptoms.—An eruption of small pimples between the fingers, or on the wrists, and over the whole body, which form matter, and are attended with an intolerable itching.

Treatment.—There are several varieties of this troublesome complaint. A very bad kind is contracted by the dogs when they have got the mange. The remedy is sulphur: It should be used internally with Cream of Tartar, equal proportions, and the following wash made use of, aquafortis two ounces, three cents beat as thin as possible, to be put into the aquafortis, and to remain there as long as it acts on them, the whole is then to be mixed with a quart of lime water, the lime water can be made, by throwing a lump of unslacked lime in water, and shaking it for

several days, and then pour it off. It is very useful in families and ought always to be kept.

HERPES.

Symptoms.—Broad itchy spots of a redish or whitish colour, breaking out in different places, which at last run into each other, after a time they become covered with scabs, which fall off, leaving the surface below red; while the disease heals in one place it breaks out in another. And when the patients have it on their body it is tetter, and when on the head, scald head.

Treatment.—This is a very troublesome disease, and requires great cleanliness. Tea made of sarsaparilla should be drank freely. And if it is the head that is affected, shave the hair off and wash the head very clean with castile soap, after which, use the wash that is directed for the itch. If on the body, wash it also frequently, and use the above named wash. Ring-worm belongs to this class of diseases, and should be treated in the same manner. And if sarsaparilla cannot be obtained conveniently, Burdock root may be used, or is very good to use with the Sarsaparilla. When they are combined, and made a syrup of, with a little winter-green added, it forms the active part of Swaims Panacea, and is just as good.

NETTLE-RASH.

Symptoms.—An eruption, similar to that caused by the stinging of nettles, hence its name. On rubbing the skin which itches, the eruption will suddenly appear, remain for a moment, and then vanish, breaking out in some other spots.

The parts affected are swollen, at one time presenting the appearance of welts, as from the stroke of a whip lash, and at another, that of white solid bumps, and is called by the nurses hives.

Treatment.—A dose of Cream of Tartar, and a little attention to the diet, which should be mild, is generally sufficient to remove it.

OF THE TUMORS.

By the word tumor is meant a swelling of any part of the body. They are divided into different kinds, arise from various parts of the body, and from various causes, and are more or less dangerous, according to the nature of their contents, and the spot they occupy.

OF RUPTURES.

Ruptures are tumors, caused by a protrusion of a part of the bowels, through certain natural openings in the walls of the abdomen. They are divided into reducible, irreducible, and strangulated. They mostly occur in males in the groin and pass down into the scrotum, in females, the upper and fore parts of the thigh, and navel.

Infants are particularly liable to ruptures, and is somewhat different from that of adults. And as ruptures generally are but little attended to by physicians, it will be necessary to give a full description of the disease. Thousands throughout the United States die of this disease without knowing what the cause was, but is generally attributed to cramp colic; and females more particularly as their ruptures are generally small.

It should never be neglected in a case of violent colic, to examine the groins, &c. The tumor may not be over the size of a large bean, yet sufficient to cause death, and in no case should it be delayed to send for a surgeon immediately, if it cannot be reduced by the means which will hereafter be laid down. And in cases of infants, a truss should be applied immediately, but beware of trusses that are not kept on by a strap; for trusses that are retained in their situation by the strength of the spring alone, are not only pernicious to infants, but also adults, the pressure being entirely too great on the back, and ruptured parts. A truss lately invented by Dr. J. Knight of Baltimore, appears to be superior to any of the kind now in use, as it can be applied by any person, and is very easy to the patient, requiring but a light pressure, which is equalized around the body, and retained in its situation by means of a buckle and strap.

As infants are particularly affected with ruptures, it is necessary to give the cause.

The testicles in the unborn infant, till near the period of delivery, are lodged in the cavity of the abdomen, in the same manner with the rest of the abdominal viscera. They are situated immediately below the kidneys, and by the side of the rectum, (or large intestine) where their external covering adheres by its posterior surface to those parts of the peritonæum on which they rest, while all their anterior and lateral surfaces lie loose in the abdominal cavity with the other viscera; even in this situation, however, a connection takes place between the testis

and scrotum. This is formed by means of a substance that runs down from the testes to the scrotum, forming a kind of pyramidal shaped ligament; its large bulbous head being fixed to the lower end of the testis; and its under extremity, after having passed through the ring in the external oblique muscle, being lost in the cellular membrane of the scrotum. This ligament is evidently vascular and fibrous, and seems in part to be composed of a muscle turned inwards.

All that portion of the ligament contained within the parietes of the abdomen, passes behind the peritonæum, and receives a covering from it in the same manner with the testes and other viscera: the peritonæum even gives a coat to a portion of the ligament after it has got into the groin, by passing down along with it from the abdomen into the upper part of the groin.

At this place, viz. at the annular opening of the external oblique muscle, the peritonæum is very loose; and when the ligament and scrotum are drawn downwards, an aperture is observed from the cavity of the abdomen all around the forepart of the ligament, that seems ready to receive the testis; and this aperture gradually becomes larger as the testis descends behind the peritonæum in its way to the scrotum.

This passage from the cavity of the abdomen to the scrotum is, in general, very soon cut off, by a firm adhesion taking place between the sides of the peritoneal process at its upper extremity where it descends from the abdomen. What the cause of this adhesion may be, is uncertain; perhaps it may proceed from some slight degree of

inflammation being excited upon the contiguous parts by the forcible passage of the testis; but, whatever the cause may be, the fact is, that at the time of birth this passage, in general, is completely obliterated.

It is in the neck only, however, or in the superior part of this process, (or lining) that this adhesion takes place; the lower extremity of the sack remaining opened and loose through life, and forms the tunica vaginalis testis, the common seat of dropsy.

If attention is given to this description, it must appear, that if immediately upon the testicle descending from the abdomen, and before the passage of the testicle is sufficiently contracted, any portion of the alimentary canal or omentum should likewise fall into the opening, such parts must for certain lodge in the same bag or covering with the testis itself; and as long as they remain there, that they must effectually prevent the usual obliteration of the passage from being accomplished.

It is this occurrence, of a portion of some of the abdominal viscera getting into the tunica vaginalis testis, (or lining membrane of the testicles) which forms that kind of Hernia to which new born infants are liable, termed congenital Hernia. The testicle and protruded intestine being here in contact, the tunica vaginalis testis forms the Hernial sack.

If the intestine, or other parts which have fallen down, are again pushed into the abdomen, and retained there by a proper truss, the passage soon fills up, and no return of Hernia takes

place. But if this is neglected, and the intestine allowed to remain long down, the parts forming the passage seems thereby to lose that power of adhesion which naturally they are known to possess; instances being often met with, where no art is able to produce this wished for obliteration.

It is evident then, in what manner congenital Hernia is produced: we shall now enquire into the causes of Hernia, in its more usual form.

1. The abdominal muscles are excited to severe contraction, by various causes, particularly by violent coughing, crying, laughing, and severe bodily exertions; and as the contraction of these muscles must always lessen the abdominal cavity, these causes, therefore, are frequently productive of Hernia.

2. Falls, in consequence of the derangement which they produce in the abdominal viscera, from the sudden and violent shock with which they are often attended, are not unfrequently the immediate causes of Hernia.

3. Persons of a preternatural laxity of frame, are very liable to Hernia. The containing parts of the abdomen, from the want of sufficient tone and firmness, are unable, in such people, to resist the weight of the different viscera: they are therefore more particular liable to Hernia on the application of any of those causes.

4. Sprains are apt to induce a laxity of injured parts, and have, therefore, a similar influence in inducing Hernia with general laxity.

5. It has been observed, in those countries where oil is much used as an article of food,

that the people are particularly liable to Hernia. In whatever parts the walls of the abdomen are the weakest, these various causes will most readily operate in producing Hernia; and accordingly we find, that descents of the bowels usually occur only in such parts.

The parts which, from anatomy, we would previously suspect to be most liable to Hernia, are, the openings already described in the external oblique muscles; the arch formed by Poupart's ligament for the passage of the great blood vessels of the thigh; and the naval, where the same firmness does not take place as in the rest of the tendinous expansion of the abdominal muscles.

These, as I have already observed, are the usual seats of Hernia; but it sometimes happens, that parts of the viscera are protruded between the interstices of the different muscles of the abdomen: this, however, is not frequent.

In whatever part a descent of any portion of intestines occurs, except in congenital Hernia, as all the viscera are contained in the manner already described, within the peritonæum, a portion of that membrane, it is evident, must be carried down along with the parts that are protruded; and in every such instance, it is this portion of the lining membrane going down along with the gut, that is termed the Hernial sac. The size and thickness of this sac is various in different subjects, and in different stages of the same disease.

On the first appearance of Hernia, the sac is commonly small, for the protrusion seldom be-

comes large at once; but by repeated descents of the bowels, the sac is pushed lower and lower, till in some instances its bulk is very considerable indeed; and when in this advanced period of Hernia, the sac is laid open, it is found to contain large quantities of omentum or intestine, and frequently large portions of both.

Although every instance of any portion of the intestine protruded from its natural situation, is to be considered as a derangement, and as such, demands our attention, yet daily instances occur both of recent Hernia, and of those of long duration, from which no bad symptoms ensue. Thus, we often meet with large Hernial swellings, without the patient suffering in any other manner, than from the inconvenience arising from the bulk of the tumor. In general, however, it is otherwise; and troublesome symptoms most frequently take place; but whether they do or not, when the reduction of Hernia can be accomplished, it ought always to be done as quickly as possible, and a suitable truss applied, taking care to have it well adapted to the part.

All the bad symptoms arising from Hernia, proceed either from a bad truss, or an obstruction of the feces when the intestinal canal forms the tumor, or from a stoppage of circulation occasioned by stricture on the prolapsed parts; so that the danger of the attending symptoms, it is evident, will always, in a great measure, depend on the nature and importance of the parts that are protruded.

Thus, when a portion of omentum alone forms the substance of a Hernial swelling, as

that organ is not so immediately necessary to life as many of the other viscera, it is not so frequently productive of danger, as when a part of the alimentary canal is either protruded by itself, or along with the omentum.

Although this, however, is in general the case; yet it sometimes happens, that even an omental rupture is attended with danger. When the stricture is so complete, as to put a stop to the circulation in the protruded part, mortification, with all its bad consequences, must ensue. And besides, the connection between the omentum, stomach, and other viscera, is such, that a sudden descent of any considerable portion even of omentum, is apt to bring on vomiting, hiccup, and other symptoms of distress. And, lastly, although a rupture containing omemtum only, might not. of itself, prove hazardous; yet, as the passage through which the omentum has slipped, must remain open as long as the protrusion continues, and as this must render it easy for a portion of gut likewise to get down, this of itself is a sufficient reason for bestowing even upon an omental Hernia our most serious attention.

But whatever the contents of Hernia may be, whenever stricture occurs on them, sufficient to produce either a stoppage of the circulation or of the fecal contents of the alimentary canal when a portion of gut forms the disease, the following, in general, are the symptoms that take place.

An elastic colourless swelling is observed at the part affected; a slight pain is felt, not only in the tumor itself, but, if part of the alimentary canal is down, an universal uneasiness is per-

ceived over the whole abdomen, and the pain is always rendered worse by coughing, sneezing, or any violent exertion. The patient complains of nausea; an inclination to retch; he can get no discharge by stool; he becomes hot and restless; and the pulse is commonly hard and quick.

If the swelling is entirely formed by a portion of gut, and if no feces are contained in it, it has a smooth, equal surface; and although easily compressible, it instantly returns to its former size on the pressure being removed. But in gut ruptures of a long standing, where hard feces have collected, in the protruded bowels, firm inequalities very commonly take place.

When, again, the tumor is composed both of gut and omentum, its appearance is always unequal; it feels soft and somewhat like dough, nor is it so elastic as when part of the intestal tube only is down; for although like the other, it is compressible, it does not so readily regain its former dimensions on the pressure being taken off.

If the symptoms arising from a strangulated gut, are not soon obviated by the stricture being removed, the nausea and retching terminate in frequent vomitings, first of a bilious, and afterwards of a more fetid matter; the belly becomes tense; the pain more violent; a distressful hiccup takes place; the fever, which at first, was of little importance, begins to increase, the patient is all along exceedingly restless, and continues in a disagreeable state of anxiety through the whole course of the disease.

These symptoms having, for some time, gone on with violence, the patient is apt, at last, to be

suddenly relieved from pain, when he flatters himself that every risk is at an end; but instead of this, the pulse, from being hard and frequent, becomes languid and interrupted; cold sweats break out over the whole body, and especially on the extremities; the eyes become dull and languid; the tenseness of the abdomen subsides, and the tumor, in part, disappears; the skin covering the tumor, which before was either of a natural appearance, or red and inflamed, now becomes livid, and a windy, crepitous feel is distinguished in the substances of the tumor.

If the protruded parts have not, of themselves, gone entirely up, their return is now, in general, easily effected with gentle pressure, and the patient then discharges freely by stool; but the cold sweats increasing, the hiccup turns more violent, and death itself is at last ushered in by its usual forerunners.

These are the ordinary symptoms of what is termed, a strangulated or incarcerated gut rupture; that is, when the parts protruded become so affected by stricture, as to produce pain, and do not either return to their natural situation on the patient's getting into a horizontal posture, or cannot be replaced by the hands of an assistant.

In whatever situation a strangulated Hernia may occur, our only rational method of cure must consist in the removal of that stricture by which the return of the protruded parts is prevented. It is this that we are to consider as the cause of the mischief; and unless it is completely removed, nothing effectual can be done for the relief of the patient.

Various methods have been proposed for the removal of these strictures; all of them, however, may be comprehended under two general heads.

I. Such as tend to the reduction of the parts, without the interposition of any surgical operation.

II. A division of the parts producing the stricture, so as to admit of a replacement of the deranged viscera, constituting what, in general, is termed the operation for the Hernia.

The remedies to be employed for the first circumstance requiring attention, is, the posture of the patient, with the manual assistance of a friend; bleeding; tobacco glysters; and ice; applied to the tumor.

As soon as a practitioner is called, the first circumstance requiring his attention, is, the posture of the patient, which ought to be such as will most readily favour the return of the protruded parts. Thus, when the tumor is in the groin, or in the forepart of the thigh, the patient should be so placed, as to raise his thighs and legs considerably higher than his head and trunk.

This position causes almost the whole quantity of intestines to hang by the protruded parts, and it frequently proves a means of reducing them: placing the patient's feet over the shoulders of another person, while his body is allowed to hang downwards, and causing him, in this posture, to be jolted about, has, in some instances, answered, when every other means have been tried in vain.

For the same reason, that in the inguinal and femoral Hernia, this position is more advisable

than any other, the usual erect posture of the body becomes most proper in cases of exomphœlus or umbilicle rupture; and again, a horizontal posture is most likely to prove useful in ventral Hernia.

While the patient is thus placed in the most suitable posture, the surgeon should endeavour to assist the return of the protruded parts, by gentle pressure with his hands and fingers. In the inguinal or scrotal Hernia, the pressure should be made obliquely upwards towards the hip bone, so as to correspond, as nearly as possible, with the opening in the external oblique muscle. In the femoral Hernia, the pressure should be directly upwards; in the umbilical or naval Hernia, downwards and backwards; and in the ventral Hernia, directly backwards.

In Hernia of any considerable size, pressure is most conveniently made, by grasping the swelling with one hand from the bottom upwards, while with the fingers of the other we endeavour to push forward the contents of the superior part of the tumor. Some surgeons. in pushing forward the intestine, employ the fingers of both hands, at the upper part of the tumor; but the same purpose is answered equally as well with the index and middle finger of one hand, while the other is employed with advantage in pressing the under part of the tumor upwards so as to cooperate in this manner in the reduction. It is this operation, which, by authors, is termed taxis: but this must always be had in view, that any pressure we employ should be of the most

gentle kind; for whatever creates much pain, proves prejudicial, and ought to be avoided.

In attempting to reduce the contents of Hernia, so much force is often employed, and in such a rough manner, as can scarcely fail to injure the protruded parts; nor is the risk, that ensues from this, ever compensated by the practice proving more successful; for where a proper application of gentle pressure does not answer, we never succeed with much force.

The public, generally, are much concerned as it respects the operation of Hernia; but with practitioners of reputation, this circumstance cannot require much discussion. The latter know, that the operation should be seldom performed in any case of Hernia, where violent symptoms do not actually exist; but the former, not being able to judge of the various circumstances to be taken into consideration, are too frequently imposed on by that numerous set of itinerants with which every country abounds. By these, a variety of operations are put in practice, for performing what they call a radical cure of ruptures; by which they mean to say, a prevention of future descents.

But as no remedy with which we are acquainted, a well adapted truss only excepted, can be depended on for this purpose; and as all the other means that have been advised for it, are not only painful, but highly dangerous.

If any of these means, however, were to produce the wished-for effect, the prevention of future descents, the risk would, in some measure, be compensated by the advantage: but the fact is

much otherwise; for unless a truss is applied, the patient continues liable to a return of the disease in nearly the same degree as if no operation had been performed. Even the operation for the Hernia itself, does not, as has been supposed, fortify the parts against a return of the disease, the use of a truss being nearly as necessary after the operation as if it had not been performed.

In a few cases, the opening may be so completely closed by the inflammation induced by the operation, that no further descent would take place; but as it is known different instances of its failure, in which, from neglecting to wear a truss, the disease returned with the same symptoms of strangulation as before, it can be said, without hesitation, that the principle should be adopted.

ANEURISM.

Symptoms.—A small tumor without pain or colour, attended by a peculiar throbbing. It disappears on pressure, and returns the moment it is removed. As the tumor increases in size, the throbbing or beating of the artery grows less perceptible. It is generally found in the ham, thigh, neck, groin and arm. It is divided into true and false. Distinguish it by the beating or throbbing, which is diminished by pressing on the artery above the tumor, and by the latter disappearing on pressure, and returning when it is removed.

Treatment.—In the early stage of the disease apply a soft cushion to the tumor, and bind it tightly over it by a bandage. The diet should in

all cases be extremely low, just sufficient to preserve life, and no more. If the patients are of a full habit, they should be bled and purged. This plan, steadily and vigorously pursued for a long time, has sometimes effected complete cures. There is nothing, however, but an operation that can be depended on, wherefore, as soon as any swelling of this nature is perceived, no time should be lost in procuring surgical assistance. If the tumor is left to itself, it will finally burst, and death be the inevitable consequence.

FLESHY TUMORS.

Symptoms.—Small warty projections, which, as they increase in size, drag down the skin from the neighbouring parts, which forms a kind of stem or foot-stalk on which the tumor hangs. They are hard, full of vessels, and are neither painful, nor inflamed.

Treatment.—When very small, they may be frequently touched with caustic, which will destroy them. If large, the ligature or the knife must be employed, for which purpose have recourse to a surgeon.

STEATOMATOUS TUMORS.

Symptoms.—A small, doughy swelling, which gradually increases, and sometimes grows to an enormous size. It is soft and free from pain, the colour of the skin remaining unaltered.

Treatment.—These tumors, technically called steatomatous, are merely inconvenient from their bulk, and for their removal apply to a surgeon.

ENCYSTED TUMORS.

Symptoms.—A distinct, hard, circumscribed swelling, gradually growing larger, until a slight inflammation comes on, when it becomes a little painful, soon after which a fluctuation is distinctly to be perceived. As it progresses the vessels become enlarged; it seldom exceeds the size of an egg.

GANGLIONS.

Symptoms.—A small, moveable, elastic swelling, with little or no pain or alteration in the skin, situated under or between the tendons or sinews, and generally near a joint, as the wrist is frequently the place of their location.

Treatment.—Apply pressure, blister, or rub with mercurial ointment and camphor. If these are of no avail, make a small puncture in it with the point of a sharp lancet, let out its contents, and apply pressure to the parts, so as to make the two sides of the sack grow together.

BILES.

Symptoms.—A hard, circumscribed, inflamed, and very painful tumor, of a conical shape, seldom exceeding in size a pigeon's egg.

Treatment.—If the patient is of a full habit, he should be purged freely with Epsom Salts. A hop poultice as warm as the patient can bear it, and should be repeated as often as it gets cool, and if it is very painful, make it of hop tea and rye meal. In a few days matter will be formed, when it may be let out with a sharp lancet, taking care to make a free opening.

CARBUNCLE.

Symptoms.—A deeply seated, hard, immoveable and circumscribed tumor, which generally appears on the back, shoulders, &c. About the middle it is of a dark red or purple colour, being much paler or mottleyed around its edges. It is attended with an intolerable itching and burning pain, and at last becomes a kind of sloughing ulcer.

Treatment.—This will depend on the state of the constitution. Most generally there is great weakness, in which cases the diet must be generous. And if painful the hop poultice should be used, and the steam-bath occasionally, but very moderately. After they are once opened, use No. 12 Ointment.

WHITLOW, OR FELON.

Symptoms.—An inflamed tumor, at the end of the finger. It is of three kinds. The first is situated immediately under the skin, around the nail, and is called a run round. The second is seated a little deeper and is much longer in getting ripe to open. The third lies under the sheath or covering of the sinews, of the fingers, and is infinitely more violent, painful, and dangerous, than either of the others.

Treatment.—The treatment is all to be alike, warm poultices to be applied immediately, and if the disease is deep seated, make an early incision down to the bone, this will give almost instant relief, after which, poultice it. Instances have been known where whitlows have been

known to destroy the use of the hand, for the want of being opened early, as they never open themselves, but extend to the hand.

PILES.

Symptoms.—A pain in the fundament when going to stool; on examination small tumors are perceived to project beyond its verge. They are of two kinds, the blind and bleeding. They may also be internal and external.

BLIND PILES.

Treatment.—A diet of rye mush and milk, strictly adhered to for a length of time, will very frequently cure the disease. If they are painful, wash them with hop-tea, and use No. 12 Ointment, with the same bulk of powdered gall nuts, and ten grains of powdered Opium, and rub them well together. After which take the following electuary, powdered Nutmegs, Sulphur, and conserve of Roses, each a tea-spoonful, to be rubbed together; dose, a tea-spoonful morning and night.

BLEEDING PILES.

Treatment.—If the bleeding is considerable, inject a strong decoction of white oak bark and hop-tea, frequently, and pursue the same plan as is laid down for the blind piles.

OF ABSCESS.

Symptoms.—The formation of matter under the skin, or in any part of the body, preceded by inflammation, and marked by a dull heavy weight; by the pain becoming more acute dart-

ing; and a peculiar throbbing; by the swelling becoming more elevated, and soft to the touch. If the tumor is not opened it bursts.

Treatment.—Apply a soft, and warm poultice of linseed or bread to the part, and endeavour to hasten the formation of matter. When this is evident, let it out with a sharp lancet. If the patient is weak, let him have a generous diet with wine, porter, barks, &c.

OF ULCERS.

By ulcers, are meant holes or sores in the skin and flesh, which discharge matter. They are divided into inflamed, fungous, sloughing, and indolent ulcers in the neighbourhood of carious bone, and those attended by a peculiar diseased action.

Treatment.—Confine the patient to the house, place the limb in an elevated position, and very low diet must be observed. The parts must be poulticed until they discharge healthy matter, which is of a light yellow. The patient taking constantly the No. 13 diet drink, and some mild purgative. After the parts begin to discharge healthy matter, dress it with No. 12 Ointment. If there should be proud flesh in them, dust it with powdered burnt Alum and Rhubarb. If the patients be very weak, they must take wine, barks, &c.

OF SPRAINS.

Plunge the part into very cold water, and hold it there as long at a time as you can bear it—for several hours—then rub with No. 10 Com-

pound. If the accident has happened to a joint, as in the ankle, and it remains weak, pour cold water on it from the spout of a tea-kettle, held at a distance, several times a day. The most serious effects, however, resulting from contusion, are when the blow is applied to the head, producing either concussion or compression of the brain. The only recourse is by applying to a Surgeon.

OF WOUNDS.

Wounds are of three kinds, viz. incised, punctured and contused; among the latter are included gunshot wounds. The first step in all wounds, is to stop the bleeding. If the flow of blood is but trifling, draw the edges of the wound together with your hands, and hold them in that position some time, when it will frequently stop. If on the contrary, it is large, of a bright red colour, flowing in spirits or with a jerk, apply your finger where it springs from, and hold it firmly, while an assistant passes a handkerchief around the limb, (taking care to always place it between the heart and the wound, as the blood flows from the heart,) and tie its two ends together in a hard knot. A stick of any kind must now be passed under the knot, (between the upper surface of the limb, and the handkerchief) and turned round and round, until the stick is brought down to the limb, so as to make it encircle the limb with considerable tightness. You may then remove your fingers, and if it continues to bleed, make it tighter. The patient may now be removed (taking care to se-

cure the stick in its position) without running any risk of bleeding to death by the way.

As this apparatus cannot remain on long, without destroying the limb, a surgeon must be sent for immediately.

If the wound is on the head, press your finger on it, until a compress be brought, which must be bound firmly over the bleeding artery, by a bandage. If the wound should inflame, it must be poulticed, but not more than is actually necessary for it to heal; use No. 12 Ointment, dressing it frequently.

OF BURNS AND SCALDS.

There are three kinds of remedies employed in accidents of this nature. Cooling applications, such as ice, snow, vinegar, cold water, lead water, &c. Stimulants, as warm spirits of turpentine, brandy, or any ardent spirits, and carded or raw cotton.

Any one of these articles that happens to be at hand, may be tried, although the preference is due to molasses and raw cotton, in cases of extensive scalds. It should remain on, until matter is formed, and then it should be removed, and as speedily as possible covered again, with No. 12 Ointment, made very thin with spirits of turpentine. If extensive inflammation, and sloughing should come on, use the following poultice; yeast, flaxseed, and barks stewed together, and renewed every hour, each time anointing the parts with linseed oil. In cases of slight injury, a liniment made of linseed oil, and limewater, may be used with great advantage.

If the patient should appear to sink under the injury, wine, barks, and a generous diet must be administered.

CHILBLAINS.

This disease is caused from exposure to frost, it is attended with an intolerable itching, and burning, when the part becomes warm, and at times breaks open and becomes very sore. The following plaster has been found very useful in removing this disease: red lead one ounce, rosin two ounces, lard one ounce, the lard and rosin to be melted together, and when cool, the lead to be rubbed into it, and then spread on leather.

This has been known to be useful in all stages of the disease, and to give relief when every thing else failed. Also it has removed the worst corns, by using it after the corns were pared down.

DISEASES OF CHILDREN.

The first appears to be griping and flatulency. These are known by the continued crying, restlessness, and drawing up of the legs. When attended by diarrhœa and green stools, it is to be relieved, in general, by the administration of a few grains of Rhubarb and Magnesia. If sour belching, &c. still continue, it will be proper to give ten drops of No. 9, and repeat until it vomits the child. After this, particularly if there be any purging, it will be proper to give a little Rhubarb and Magnesia again, and now and then a portion of No. 11 Diet drink.

CHOLERA INFANTUM, OR SUMMER COMPLAINT.

This may, in general, if the stools are green, be relieved by giving from two to four grains of Calomel, and repeat the dose every two hours, until the colour of the passages is changed to a natural colour, when a small dose of Rhubarb should be given. If the stool should be very fetid and much vomiting, give ten drops of No. 9, and repeat it two or three times, after which give the Calomel as before directed. The child should be clothed entirely in flannel, and be rubbed three or four times in a day, and take as much of No. 11, as its stomach will bear. Great caution must be taken to stop the use of the Calomel, as soon as there is a change in the stools, or it will salivate the child. But if caution is taken, it is as safe, and the most efficacious remedy used in this disease.

THRUSH.

This disease makes its appearance by little ulcerations in the mouth, tongue, &c., of a white colour, and sometimes of a yellowish cast. They are generally owing to acidity of the stomach.

In this disease nothing avails more than an emetic at first, and then a little Magnesia and Rhubarb. If there is much griping, treat it as before laid down. Its mouth should be washed frequently with strong sage tea and a small lump of borax in it.

CROUP.

This disease is peculiar to children, and frequently fatal, if care is not taken in the com-

mencement of the disease. It commonly approaches with the usual signs of cold, with a peculiar hoarseness, with a shrill ringing sound both in speaking and coughing, as if the noise came from a brazen tube. The cough is generally dry, and the respiration difficult, as though there was spasm of the windpipe, which there actually is.

Treatment.—As soon as possible the child should be put into a warm bath, the water to be about milk warm, and a tea spoonful of No. 9 given and repeated until relief is given, which is frequently effected by the use of this article without vomiting. The child should be then purged freely with Rhubarb and Magnesia.

General Rules for preserving Life and Health.

1. Rise early, and never sit up late.

2. Wash the whole body every morning with cold water, by means of a large sponge, and rub it dry with a rough towel, or for ten or fifteen minutes with a flesh brush.

3. Drink water generally, and avoid excess of spirits, wine, and fermented liquors.

4. Keep the body open by the use of such articles of food, as best serve for that purpose.

5. Sleep in a room that has free access to the open air.

6. Keep the head cool by washing it frequently with cold water, and abate feverish and inflammatory symptoms when they arise, by diminishing the diet and keeping quiet.

7. Correct symptoms of indigestion, by eating and drinking only such articles as digest well.

8. Never eat a hearty supper of meat or drink much spirituous or fermented liquor, as they should only be used about dinner time.

Dr. Bœrhaave's Rules.

This great man left, as a legacy to the world, the following simple and unerring directions for preserving health; they contain the sum and substance of his vast professional knowledge, during a long and useful life: "Keep the feet warm; the head cool; and the body open." If these rules were generally attended to, the physician's aid would but seldom be required.

EXERCISE.

The importance attached to *exercise* in all ages is fully evinced by the numerous essays and discussions upon the subject, particularly by medical men, the attention paid by legislators and governments of old to games promoting this object, and the rules and regulations at different times for its proper and efficacious employment. Great stress has been laid upon its utility—nay absolute necessity—and wonderful effects promised from a faithful and assiduous attention to it. It has ranked high as a *prophylactic* against many diseases, as a *remedy* in more—and in fine, it has been in the hands of some, magnified into a specific and *panacea*. Our object at present is not, to decry its importance, nor abstract from its merits—far from it; none are more sensible than ourselves of its utility and powers when pro-

perly administered—but it is to its *abuse*, its ill-timed and excessive application, that we would wish at this time to direct attention; and that it may, like every thing else be abused, we presume none will deny.

It does not enter into our plan to discuss the comparative merits of the different kinds of exercise—all are good in their place, and each may have an advantage over the others in particular cases: we will not therefore unnecessarily swell our work with this part of the subject, but refer our readers to those whose labors have been particularly and expressly directed to this point—let us now speak of the most common kind—viz. *walking*.

The benefit to be derived from pedestrian exercise is so obvious as not to be disputed, but to insure this, attention must be paid to certain circumstances—time, quantity, &c., which we will now examine.

An opinion very generally prevails, that a *walk before breakfast* is of all others the most useful, though from certain causes, it has fallen considerably into disrepute. We hear some assert that when they walk before breakfast, they feel the worse for it throughout the day, and we have no reason to doubt the fact; but to what is this owing? to the abuse, of what is, with proper restriction, very beneficial. We have from some experience and much observation come to the following conclusions, which if generally adopted, would we believe considerably lessen the number of complaints on this head. In the first place we should rise *early*, and this being a re-

lative term, and not considered alike by all, we will mention what we mean by it. During the summer months we would consider 6 o'clock or a little before as sufficiently early to be out—we will thus, (if we consume not to much of the midnight oil) have had a sufficiency of sleep. and avoid the extreme of damp or *dewy* air, which a too early turnout exposes us to. During winter, an hour later will be preferred. The extent of our walk should now be regulated by our habits as regards walking, and our actual feeling at the time. Half a mile, one, or two miles, leisurely walked, so as not to induce fatigue, (which is easily brought on before breaking our fast) will generally be sufficient. We should be particularly careful not to overdo the matter; the least languor, exhaustion or fatigue, should be the signal for a cessation of the exercise, and our morning's meal should speedily follow, for which, if the above suggestions are attended to, we will generally have an appetite. In fact we consider the main object of this walk to be, to thoroughly rouse our dormant faculties, and furnish our lungs with a fresh suply of *pure air*. The good effects of this plan will soon be perceived in the rosy cheek, the bright eye and clear intellect. But if on the contrary we walk too fast or too long, as is too often the case with our early risers, who think they should make the most of their time, exhaustion takes place, the appetite vanishes, drowsiness supervenes, and we find ourselves as it were exhausted, and rendered in a great measure unfit for the duties of the day. We appeal to those who have experience

in these matters, whether this is not substantially the case.

Having finished our breakfast, and rested a reasonable time, (which may be agreeably and suitably occupied in the perusal of a newspaper) we are prepared to undertake the active exertions of the day, which can be better performed now than at any other time. We should always however, endeavour to have half an hour or more before dinner to rest, and allow the digestive organs to make ready for their approaching duties. "*After dinner sit awhile.*" Exercise as little as conveniently may be after the principal meal of the day, that all our powers may be centered in the digestive apparatus. But "*after supper walk a mile*," that the internal organs which now begin to flag somewhat, may be roused to a little further exertion, and that we may not be prevented from enjoying a refreshing sleep.

Our remarks might be still further extended, were we to enter into all the details and minutiæ connected with the subject, but our limits forbid this, and we are only afraid that our readers may think we have already said too much; but upon apparent trifles, often depends much of the elucidation of a subject.

We conclude by extracting some remarks of Dr. Johnson upon this subject, which as they do not treat the matter exactly in the light we have done, will not be deemed superfluous. Dr. J. is the author of many valuable works, and editor of the Medico Chirurgical Review; and his sound

mind, and discriminating judgment impart a value to all that falls from his pen.

"Physicians and philosophers, in every age, have extolled exercise as the grand prophylactic in guarding against the accession of all diseases. That man was designed for exertion, cannot be doubted; but, that much injury is every day done by invalids, and those confined to sedentary occupations, attempting to *strengthen* their constitutions by strenuous exercise, at intervals, I am well convinced. Violent exercise did great harm, even when nations were nearer a state of nature than they now are. Galen, in his discourse to Thrasibulus inveighs against the athletic practices of the Gymnasium. A smart walk of a mile is, to a valetudinarian, what a furious wrestle would be to an athleta. If we trace those dreadful aneurismal affections of the heart and arteries in early life, we shall find their origins in violent exercise, or sudden over-exertion, in nine cases out of ten, where age and ossification are not concerned. In the long catalogue, therefore, of nervous diseases, where there is any suspicion of functional or organic lesions, indicated by palpitations, shortness of breath, and flushings of the face, let long continued or strenuous exercise be dreaded. The passive exercise of a vessel or carriage is safe; but quick walking is extremely prejudicial. Because we see the laborious classes of society robust, having been inured to labour by long habit, we are not to expect that we can exchange debility for vigour, by imitating their manners, in the middle, or latter periods of life.

It is with exercise indeed, as with food and drink. By long habit we may become gluttons and drunkards, apparently with impunity; and so, by early and long continued habit, we may become capable of walking a thousand miles in as many successive hours, or of labouring hard, sixteen or eighteen hours out of the twenty-four. But although no organ or part gives out at the time, we are inevitable laying the foundation for future diseases in all three instances. If habit cannot secure us from the injurious effects of *inordinate exercise*, how can we expect to escape when we fly to it, or indulge in it, at irregular periods? In fine, moderate and slow exercise in the open air is extremely salutary; but where it is carried to the length of much accelerating the velocity of the circulation, it endangers derangement of the heart, lungs, brain, or any weakened viscus, in valetudinary constitutions. In the healthy and robust, active exercise may be indulged in to a considerable extent, though even here it has its limits.

There is not a year that *cricket matches* do not lay the foundation for aneurisms and diseases of the heart. It is on this principle, also, that *hard labour* is said by the vulgar, and most truly too, "to wear a person out." Blacksmiths, Porters, and all those who are accustomed to inordinate muscular exertion, or in the habit of lifting heavy burthens, are particularly liable to diseases of the heart and arteries, that shorten their lives. Even that noble animal, the horse, is very subject to disease of the heart, in conse-

quence of his spirited muscular exertions in the chase, in drawing heavy loads, and in racing.

As for ruptures, and other consequences of violent exercise, straining, &c. they are too familiar to require animadversion here; but I trust, that enough has been said to excite the attention, both of patient and practitioner, to this important subject. I wish it, however, to be distinctly understood, that the foregoing observations are only applicable to *inordinate* corporeal exercise, especially when attempted by the valetudinarian, or those usually employed in sedentary occupations *Moderate*, or even pretty free pedestrian exercise is, in general, extremely salutary, and is probably the most *natural*, were we in a *state of nature;* but, in proportion as we recede from this state, by advancing civilization, and particularly as we congregate in large cities, where every thing around us, almost to the air we breathe is artificial, our muscles lose their tone, and incapacitate us for those athletic exercises so praised by the ancients. Fortunately, there is an other species of exercise within the reach of the upper class of society, to whom it is most necessary, and which has not been duly appreciated by the profession, but to which we would draw the attention both of patient and practitioner—this is *passive* exercise, in carriage or on horseback, including sailing, swinging, &c. Where the invalid is unequal to pedestrian exercise, he should gradually increase his carriage or horse exercise in the open air; but *pedestrian* exercise is to be resorted to whenever he is able

to endure it, for it is upon *this* that the great hope of health must ultimately rest."

Having taken a view of such diseases and medical agents as more particularly concern this work, we will now proceed to give some additional practical observations, in a review of the same grades which are laid down in the foregoing explanations and directions.

Explanations of the Nature of the Remedies, &c.

The bodily health of man, depends upon the regular production, and uniform co-operation of four powers, essential to life, each of which we shall consider distinctly, under the following terms: *Excitability*, *Excitement*, *Stimuli*, and *Vital-Heat*.

1st. Excitability, which has also been called vital power, and sensorial power, would be as well understood perhaps, if we were to say, it is the principle of life.

Under the influence of this power, the several parts and organs of the system, are made capable of receiving active impressions.

The eye for instance, which from its construction, is itself a most perfect perspective, or telescope, would nevertheless be altogether useless, did not the excitability make it capable of feeling the impression, made upon it by the rays of light.

The ear, by the excitability with which it is charged, feels the impression made upon it by sound.

The membrane which lines the nose also, by this same power, is capable of feeling the impression made by odors. In the same manner, the tongue is made capable of perceiving tastes.

The skin, is likewise prepared to feel the impression, made by external agents or substances; as of heat or cold, or by the touch of any thing soft or solid, rough or smooth.

But the impressions made on the organs of sense, are not immediately connected with that co-operation of powers, upon which life depends. Each of the senses, when awakened by any suitable impression, furnishes an instance of perception; and in this way, may have more or less influence upon the state of health. There is another exhibition of the presence and influence of excitability, essential to the preservation of the system, which will help to an understanding of what we mean, by the term *Excitement.*

2nd. The influence of excitability upon the heart, arteries, veins, lymphatics, glands, and secretory vessels, makes these several organs, capable of feeling the impressions made by the stimulant powers which act upon them, and prepares them to perform those peculiar motions, by which they are alternately expanded and contracted, &c.

By these almost inexplicaple motions, the blood and lymph are circulated; the various absorptions and secretions are carried on, and the different excrements are thrown out of the system. The organic motion, maintained for these important purposes, we shall call *Excitement.*

As impressions made on the organs of sense awaken perception, so also it would seem, that impressions made upon the blood vessels, &c. excite motion.

Pleasant impressions made on the organs of sense, are desirable, and can be a long time sustained. But too much light, acting beyond a certain limited duration upon the eye, extinguishes the power of vision; and too loud sounds, destroy the power of hearing. So also, healthful excitement is pleasant and can be sustained in many instances, three score years and ten. But if raised too high, the vessels feel pain, and life may be prematurely extinguished.

Excitement is maintained at the expense of excitability; and therefore, there must be a constant production of excitability in the system, equal to the expenditure necessary for the maintenance of perpetual excitement.

If the excitability be produced in a degree below its natural quantity, it will make the system liable to disease. If the excitability be accumulated to a morbid degree, it will also make the system liable to disease, in another and opposite condition.

And as excitement is dependant upon the presence and co-operation of excitability with other powers, it is obvious, that every distinct variation in the state of the excitability, must also affect the excitement.

These variations therefore, will be considered more at large, under the next division of powers.

3rd. The third order of powers, which are *Stimuli*, includes a variety of agents, such as the dif-

ferent aliments, heat, atmosphere, light, sounds, odors, bodily exercise, thought, &c. to which must be particularly added, the touch and motion of the blood, as it acts upon the heart, arteries and veins, as also the touch and motion of the lymph, and other fluids secreted and deposited in their various receptacles, or moving in their passage, through their appointed tubes.

These various stimuli, acting upon fibres and vessels, and organs, charged with excitability, rouse them to action; and by repeated or continued impression, urge them on a kind of perpetual motion.

Therefore, if the excitability be regularly produced and distributed throughout every part of the system, and if the nourishment and other *Stimuli* are present in due order and proportion, the xcitement will be equable and healthful.

The application of preternatural stimuli will producee more than ordinary excitement, and of course an extraordinary expenditure of excitability.

The system, if long oppressed by preternatural stimuli, will sink into a state of indirect debility—*a state in which there is a deficiency of excitability.* A man staggering from the use of ardent spirit, or from chewing tobacco, furnishes an instance of this kind of debility. He has been checking too heavily upon his stock in life. The same or a similar effect may be produced by a sickly atmosphere. And such is the state of things in most cases of sudden and dangerous

fever—as the yellow fever, violent bilious fever of almost every grade, cholera, &c.

By the subduction of any of the natural stimuli, excitement will be diminished, and consequently, excitability accumulated.

The same effect may be produced by certain sedative agents, such as cold and fear. Whenever excitement is long reduced to a state below that which is natural, whether by the subduction of stimuli, or by the application of a sedative agent, the system *rises* into a state of direct debility, *a state in which excitability is accumulated*. This is the condition of a man recently weakened by loss of blood; by the operation of a violent cathartic, or by excessive fasting.

These inferences, however, though certainly true, admit of limited application only.

For at the same time, that preternatural stimuli produce extraordinary excitement, yet if applied in a certain gradual manner, the system will acquire a capacity to generate a preternatural portion of excitability; assuming a state analagous to that of natural excitement. This process is performed under the control of the same laws of the system by which it adapts itself to different climates, and in every climate, to its seasons, modes of living, &c. By the same laws the system is saved from immediate destruction, when men shamefully impose upon it those oppressive and poisonous stimulants, tobacco and ardent spirits.

But when the stimulant agent is powerful, and suddenly applied, or when applied a sufficient length of time, it may overwhelm the sys-

tem with all its resources for adaptation, and produce a state of indirect debility.

So, also, when there is a gradual subduction of stimuli, and the excitability is accumulated in a small degree only, the system, by its own powers of re-action, may raise its excitement, and find a natural balance. The loss of a single meal, or of half a pound of blood, seldom much incommodes a man in pretty good health. But a sudden and copious, or frequently repeated subduction of stimuli, or the agency of cold too long continued, may produce a pernicious degree of direct debility.

Whenever debility of either of these two descriptions prevails to a considerable extent, it places the system in a state liable to disease, and in this view, debility is well enough said to be the predisposing cause of fever.

4th. The fourth power, which is vital heat, though necessarily co-ordinate with animal life, requires a distinct consideration; because it is subject to morbid variation, and very often requires certain and distinct medical management.

Vital heat is produced and maintained in the animal system, in some way, through the functions upon which life depends: and the circulating blood, must be the medium through which it is distributed. And as there is no sensible difference between animal heat and that which is produced by common fire; therefore, the former as well as the latter, is forever escaping, seeking an equilibrium of temperature with that of the surrounding atmosphere. It follows of course, that the system may be placed in a condition, in

which vital heat may not be generated with sufficient rapidity to keep up the natural degree of warmth. Hence the necessity of fire in wintry and damp weather, as also of putting on wearing apparel well calculated to prevent the escapement of heat. Indeed, it is obvious to common sense, that the warmth of the surface should be fitly adapted to that of the central vessels, and that this equilibrium should be regularly maintained. Without it, a portion of the excitement will be suspended, excitability accumulated, and the system made liable to disease.

Furthermore, the system in its variable susceptibilities of impression, from external and internal heat, is capable of falacious sensations. In a summer's night for instance, after a very hot day, the heat for some hours is felt much more oppressively, after the thermometer is considerably lowered. The degree of heat cannot be less and greater at the same time. It is not the heat of the surrounding atmospere which causes the distress. The vital heat conveyed through the circulating fluids, is painfully felt by the skin. The skin is thus morbidly sensible to the internal heat, by reason of the refrigerating effect accompanying a profuse and long continued perspiration. The atmosphere is not too hot to be comfortable, but the skin is too cold to be insensible to the internal heat of the system. The state of the thermometer and that of the skin, evince this truth. And if these two witnesses are doubtful, it shall be demonstrated to any one who will experience the pleasurable relief, which a steambath instantly affords when in this condition.

The above fact explains the cause of that heat and thirst which is felt upon great loss of blood, or the violent operation of a dose of medicine. Both the thirst and heat are increased by drinking cold water. The sedative effect of cold upon the mouth and throat, increases their sensibility to heat, and therefore the heat of the circulating blood and fluids of those parts is more painfully felt;—In other words the cold water like eating snow or ice in the winter causes the throat and gullet, painfully to feel their own vital heat. Thirst of this description is best corrected by hot and stimulant drinks: the external heat by the application of the Bath.

Again whether animal heat depend upon the developement of heat in the lungs, or upon mechanical attrition, or whether it be the result of a chemical decomposition of the fluids, which is taking place in the glands and secretory vessels, or whether it be co-ordinate with excitement, and is a necessary result of the action of stimuli upon the fibres of the system—whether one or all of these considerations are involved in the production of vital-heat, it must equally follow that there is a deficiency of this principle, whenever there is a deficiency of excitement.

Damp or cold weather lessens the circulation of the blood in the vessels of the surface; and if the exposure be continued too long to a person in full of health, it is commonly followed by an attack of *pleurisy*.

The same kind of exposure happening to a very fleshy person, and especially to one in ha-

bits of drinking ardent spirit, is commonly followed by an attack of *spurious pleurisy*.

And a person advanced in years, or a more youthful person immediately after great and long continued fatigue, is liable to an attack of *spurious pleurisy*.

In a way something like this, are produced most of the instances of rheumatism, cold, croup, head-ach, tooth-ach, &c.

In all these cases, the common notion is, that the patient has taken cold. And common sense in this, as well as in most other things, is according to truth. For the fact is, that cold alone, or cold combined with some degree of fatigue, may be considered as the predisposing cause of complaint in all such instances.

We have seen, that if the excitement is raised too high the excitability may become too much exhausted, and in that way make the system liable to disease.

In sickly places and seasons, the atmosphere, together with the daily repeated heat of the sun in midsummer, produce a state of debility. When the system is thus enfeebled, the quantity of animal heat which is dependant upon the circulation, is proportionably diminished, and those branches of vessels most remote from the centre of motion, that is the skin, must receive a deficient supply of blood and heat.

Hence it is, that a person in this condition can so easily be injured by the chillness of a summer's night, or by damp or rainy weather, or weather unusually cold for the season. The surface being feebly supplied with circulating

blood, the cold of a summer's night, is sufficient to suspend the action of the vessels, so as to destroy the balance of excitement, and prepare the system for that state of things, which is fever.

The greater the degree of exhaustion, the more morbid will be the effect of exposure to the cold; and the contrary.

If the prostration be not too much below that state of things, which would lead to an instance of inflammatory fever, the case will assume a character as nearly as may be, similar to that of a pleurisy. It will be a case of intermittent fever, and according to circumstances, will be a quotidian, tertian or quartan.

If the degree of debility be greater, the case will assume a shape more like that which is called *remittent fever.*

A still greater degree of debility will be followed by a *continued fever.*

And finally, if the exhaustion or debility be sufficiently great, there will follow an instance of *typhus* or *nervous fever.*

It would seem then, that fever is in its nature, about the same thing;—and that its various appearances, are the result of different degrees of strength only, which may be present in any case under its influence.

It is obvious therefore, that in all these diversities of predisposition to disease, a due regard to the temperature of the surface, would effectually prevent an accession of fever. The patient thus enfeebled by the remote cause, would be sensible of weakness. But upon maintaining a balance of the four powers of life, he need not

experience any thing more distressing, than that which attends the most favorable convalescence.

If this explanation of the powers of life may be credited, then we may safely infer from the whole, that in correcting disease, art may be confined to four principal intentions.

The first intention should be to secure a competent supply of heat, and maintain a proper equilibrium of temperature.

The second, to put down or diminish excessive excitement.

The third, to extinguish any excess of excitability.

The fourth, to support the system in any case of debility.

Any other that might be added, must be the result of a combination or modification of these, in any manner necessary or proper for the correction of local disease.

Although the simple doctrines here exhibited are not generally admitted, the practice of most skilful physicians, might be quoted for the confirmation of all that is here advanced.

It is a fact well known to all thinking men of observation, that notwithstanding the diversity of theory, medical men have imperceptibly run into an uniformity of practice. Hence we find, that blood-letting, puking, purging, blisters and salivating, for many years have been the general remedies which they have employed for the cure of fever in all its diversities, although they have called it by a very great variety of names. And if disease is indeed a unit in its nature, as was so ably and conclusively taught by the great Doctor

Rush, it is perfectly philosophic to admit the existence of remedies of general application; and of great general principles and agents which may be so modified as to be generally appropriate. And therefore, so far are we from condemning this uniformity of practice, that we applaud and consider it good evidence of the soundness of the practical judgment of those who pursue it.

If then, the general practice of physicians declares, that blood-letting, puking, purging, blistering and salivating with mercury, are general remedies, I may be permitted to add the steam-bath as another general agent; especially if it is made evident, that this, more than any other, admits of general application.

The first intention which we propose, viz: "*to secure a competent supply of heat, and maintain a proper equilibrium*," *&c.* is most readily answered by the use of the steam-bath. This method, warms and softens the vessels of the skin, raises the excitement of its blood-vessels and secretory organs, induces a degree and continuance of perspiration, inimitable by any other arrangement.

2nd. Excessive or violent excitement, is lessened, by the application of cold to the head, which at once strips the system of its most vital fluid. It may also be done indirectly by the means of a very hot bath. By this method the excitability of the system is safely expended by increasing the excitement of the vessels of the surface. The same intention may be answered

in a mixed way, by purges, pukes, sweating and blisters, if the blisters are sufficiently large.

3rd. Excitability may be diminished, if not directly, yet very nearly so, by a very hot bath, and by extensive blistering.

It may also be effected in a mixed way, by small, frequently repeated blood-lettings. But a much more effectual indirect method is to use cathartics, pukes, nauseating doses of antimony; or say Tartar Emetic, or Ipecacuanha or seneka, &c.

4th. In any case of debility, the system is supported, first, directly by nourishment and cordials. And also indirectly by tonic bitters, small blisters, friction on the surface and gentle exercise; as also by a discreet use of the hot or cold bath.

A morbid determination of excitement or a local disease, is corrected by general remedies, as steaming or puking, purging, &c. &c. where the general state of the system requires such general course. Or it may be treated by local remedies, as by bathing the part affected, or by blisters, liniments, &c. &c.

The Patent Thomsonian Practice of Physic.

The above *dignified* title is used to designate the administration of certain vegetable preparations, and the employment of the steam-bath, in the cure of a number of disorders. To these medicines, and the mode of administering them, an exclusive privilege is claimed, under a patent from the United States. Several instances have been narrated in the public papers, of the fatal

effects of this practice, while those interested in its favor, assert that these accounts have been falsely represented by the medical faculty, who, they aver, have risen in arms against it, because it is destroying their practice. The support of a number of intelligent and disinterested persons, has given currency to the claims of these Thomsonian practitioners; and, under this sanction, their business has become very extensive, particularly in some of the western states. Without intending to express an opinion upon the subject, we will observe that it is the fate of every popular medicine, to obtain the kind of support which the practice in question has received. Such preparations are usually active, and, when properly administered, they are benificial; their indiscriminate employment, therefore, will ensure their occasional usefulness. Whenever they are successful, the cured, and their friends, naturally enough, praise the medicine; while the patient, the disease, or the physician, bears the blame, when their effects are injurious.

Numerous applications have been recently made for copies of Mr. Thomson's specifications, as questions have arisen which will call the merits of the practice, and of the practitioners, before a court and jury. Under these circumstances, we think that the publication of both the patents which have been obtained by Mr. Thomson, may subserve the cause of science, and of humanity. The first patent expired on the 2d of March, 1827, the second having been issued upwards of four years before the termination of the period of the first. In some parts they ap-

pear to be identical, as in No. 2, in both specifications, and in other parts also. Under these circumstances, the question may arise, whether the claim under the second patent is not, in fact, an attempt to prolong the first, as it does not specify the particular improvement claimed, but appears, broadly, to include the whole practice recommended.—*Journal of the Franklin Institute.*

Specification of a Patent granted for "Fever Medicine," to SAMUEL THOMSON, *of Surrey, county of Cheshire, New Hampshire, March 2*, 1813.

A SPECIFICATION for preparing and using certain medicines in fevers, colics, dysenteries, and rheumatisms.

No. 1. The emetic herb, or lowbela (lobelia?) medica, a plant that grows about twelve or fifteen inches high, with leaves of the size of mint leaves, bearing a pod the size of a white bean, of a sharp taste, like that of tobacco, creating nausea. It must be gathered when the leaves and pods are a little yellow; dried, pounded fine, and sifted, when it forms a powerful emetic. Dose, in powder, from four to twelve grains, with or without an equal quantity of No. 2.

No. 2. Cayenne or red pepper, pulverized.

No. 3. Marsh rosemary, two parts, the bark of bayberry, or candleberry (the myrtle from which wax is obtained from the berry) roots, one part, pulverized, or sumach bark, leaves, or berries, or raspberry leaves, may be substituted. A tea made with one ounce of the above powder

(No. 3) in a pint of boiling water. Dose, a wine glassful, occasionally, sweetened.

No. 4. Bitters for correcting the bile; take the bitter herb, or *balmony*, barberry bark, and poplar bark, equal parts, pulverized. One ounce to half a pint of wine, or spirit, and hot water. Dose, half a wine glassful, and for hot bitters, add half a drachm to the ounce.

No. 5. A sirop. Take one ounce of peach kernels, or cherry stones; half an ounce of gum myrrh, made fine; add three half pints of hot water, two ounces of white sugar, half a pint of brandy. Half a wine glassful to be used three times a day.

Rheumatic drops. Take one gallon high wines, one pound gum myrrh, put into a stone jug, and boil it in a kettle of water for half an hour; when settled, pour it off; add four ounces camphor, half an ounce of cayenne pepper in powder, one quart spirits of turpentine, then bottle it, and it is prepared for bathing in rheumatisms, any swellings, or external pains.

No. 1, is used to cleanse the stomach, overpower the cold, and promote a free perspiration. No. 2, to raise the inward heat. No. 3, to scour the stomach, promote perspiration, and repel the cold. No. 4, to correct the bile, and quicken the appetite. No. 5, to strengthen the stomach, and restore the digestive powers, after cases of dysentery, or other weakening disorders. The three first numbers may be used in any other case, to promote perspiration, or as an emetic.

SAMUEL THOMSON.

Specification of a Patent granted for a mode of preparing, mixing, compounding, administering, and using, the medicine therein described, to SAMUEL THOMSON, *of Boston, Suffolk county, Massachusetts, January* 28, 1823.

Firstly. The mode of preparing and compounding medicine for an emetic, to be administered in diseases caused by cold and obstructed perspiration, such as fevers, colic, rheumatism, dysentery, asthma, numb palsy, dropsy, and consumption, and various others.

Take the emetic herb *lobelia inflata* of Linnæus, dry the pods and leaves, or the leaves only, and reduce them to a fine powder in a mortar; sift and keep it from the air; for a dose take from ten to twenty grains, steeped in warm water, sweetened. This emetic is called by the patentee, *number one*, in his system of practice in medicine.

The emetic herb, or *lobelia*, above mentioned, is a biennial plant, grows about twelve or fifteen inches high, with leaves of the size of mint leaves, and pods about the size of a white bean, containing very small seeds; is of a sharp taste, like tobacco, exciting the glands of the throat, and producing nausea. It should be gathered when the leaves and pods are turned a little yellow, but is good in any stage of its growth; when perfectly dry, the seeds should be shaken from the pods, and preserved separate.

Another mode of preparing the emetic, *number one*, from this herb, is as follows, to wit: take the green herb, pound it in a mortar, and put it

in an equal quantity of spirit; after being well steeped, strain off the liquor, and keep it, close stopped, in a bottle for use. Prepared in this manner, and adding *cayenne*, as hereinafter mentioned in *number two*, two drachms to a pint of the liquor. Dose, one tea spoonful. This is an effectual remedy in removing the effects caused by poison, either taken internally, or by bathing the part affected. The seeds of this plant are more powerful than the leaves, and one half the quantity pounded fine, and steeped as above described, is of sufficient power for an emetic.

Secondly. To retain the internal vital heat of the system, and cause a free perspiration. Take cayenne, (*capsicum*,) or red pepper, ground fine; dose, from ten to twenty grains, in hot water, sweetened, or to be combined with the other medicine hereinafter described. This is called by the patentee, *number two.*

Thirdly. To scour the stomach and bowels, and remove the canker. Take bayberry, or candleberry, (*myrica cerifera, L.*,) the myrtle from which wax is obtained from the berries,) the bark of the root dried and pulverized; the inner bark of the hemlock tree (*pinus canadensis L.*) pulverized, equal parts of each, steep one ounce of the powder in a pint of boiling water, and give, for a dose, a common wine glassful, sweetened.

When the above cannot be had, take, as a substitute, red sumach bark, leaves or berries, (*rhus glabrum L.*,) red raspberries, (*rubus streorsus of Michaux*,) or witch hazel leaves, (*hamamelis virginica, L.*,) marsh rosemary, (*statice lemonium*

L.,) and white pond lily roots, (*nymphœa odorata Ait*,) or either of them: let them be dried, pounded, and steeped, as above mentioned. This is called by the patentee, *number three*.

When the violence of the disease requires a course of medicine, take an ounce of the foregoing medicine, *number three*, steeped in a pint of hot water, strain off a wine glassful when hot, and add ten or twenty grains of *number two*, and one tea spoonful of sugar; when cool enough to be taken, add from ten to twenty grains of *number one*, and an equal quantity of *nerve powder*, hereafter described, to quiet the nerves. Let this compound be administered three times, at intervals of fifteen minutes, and let the same compound be given by injection once, and, if the case requires it, again repeated.

When mortification is apprehended, a tea spoonful of medicine of *number six*, as hereinafter described, may be added to each dose, and, also, to the injection. After the patient has recovered sufficiently from these applications, which is usually within two or three hours, let the mode of raising perspiration by steam, as hereinafter described, be applied.

Fourthly. To make bitters for correcting the bile.

Take the bitter herb, (*balmony*,) barberry bark (*barberis vulgaris*, *L.*,) and poplar bark, (*populus trepida*,) in equal parts, pulverized. One ounce to a pint of hot water, and half a pint of spirit. For a dose, take half a wine glassful; for hot bitters, add a tea spoonful of *num-*

ber two: this is called by the patentee, *number four.*

Fifthly. To make a sirop for dysentery, to promote digestion, and strengthen weak patients.

Take poplar bark, the bark of the root of the bayberry, each one pound, boil them in two gallons of water, strain it off, and add seven pounds of good sugar, then scald and skim it, and add half a pound of peach meats, or cherry stone meats, pounded fine; when cool, add a gallon of good brandy. Bottle it up and keep it for use. Take half a wine glassful two or three times a day. This is called by the patentee, *number five.*

Sixthly. To make rheumatic drops, to be used to remove pain, and to prevent mortification, given inwardly, or to be added to the injections, or to be applied externally.

Take one gallon of any kind of high wines, one pound of gum myrrh, one ounce of cayenne, *number two*, put into a stone jug, the jug being unstopped; boil it for a few minutes in a kettle of water; when settled, bottle it up for use. Or it may be prepared without boiling, by letting it stand for five or six days, shaking it well every day, when it will be fit for use.

For bathing, in rheumatism, itch, or other humors, or in angry swelling or external pain, add one quarter pint of spirits of turpentine. One or two tea spoonsful of these drops, without the spirits of turpentine, may be given alone, and, also, may be used to bathe with; or, one tea spoonful may be added to a dose of either of the medicines before mentioned. This is called by the patentee, *number six.*

In the earlier stages, and in less violent attacks of disease, a composition or vegetable powder may be administered, prepared as follows, to wit: take two pounds of the bark of the root of bayberry, one pound of the inner bark of the hemlock tree, one pound of ginger, two ounces of cayenne, *number two*, two ounces of cloves, all pounded fine, sifted through a fine sieve, and well mixed together. For a dose, take one tea spoonful of this powder with a tea spoonful of sugar, in a wine glassful of boiling water, as soon as sufficiently cool, the patient being in bed, or covered with a blanket by the fire.

The medicine, *number one*, and, also, the nerve powder, hereinafter described, may be used with this compound, and will be proper in more violent cases.

In all cases of symptoms of nervous affection, a nerve powder must be used, which is prepared as follows, to wit: take ladies slipper, (*cypripedium pubescens*,) dig the roots when done growing, wash them clean, dry and reduce them to a fine powder. For a dose, take half a tea spoonful in hot water, sweetened, or the same quantity may be given mixed with either of the other medicines, in all nervous cases.

When the above described medicine, or such part thereof as may be deemed proper to administer, shall have produced the intended effect, a copious perspiration should be produced by applying heat to the body, by the aid of steam, in the following manner, to wit: let several stones of different sizes be made hot, then put one (the smallest first) into a pan, or kettle, of hot water

about half immersed; place the patient over it undressed, covered with a blanket to shield him from the cold air; change the stones as often as they grow cool, and keep the patient in this situation as long as he can conveniently bear it; then he may be rubbed all over with a cloth wet with spirits, or cold water, and either dress or go to bed.

When the patient is too weak to sit, or stand, over the steam, take three hot stones, quench them a little in water, and wrap them in several thicknesses of cloths well wet with water, place one at his feet, and one on each side, as he lies in bed, which will produce a lively steam, and with a dose of medicine, *number two*, taken inwardly, will cause a free perspiration.

The preparing and compounding the foregoing vegetable medicines, in the manner herein described, and the administering them, to cure diseases, as herein mentioned, together with the use of steam to produce perspiration, the said Samuel Thomson claims as his own invention.

SAMUEL THOMSON.

Observations on diet, clothing and intemperance in spirituous liquors.

It is much to be regretted, that people generally are so much disposed to trifle with their powers, which nature has given them to enjoy; and after they are gone, we then see how they strive to restore them, which is often in vain; nature is not to be trifled with, it is the precious

gift of God; and man, whom he has endowed with free will and understanding, appears to go further astray in violating his laws, than all the rest of his creatures, and therefore must expect to suffer most from disease.

The first to be considered is intemperance in eating, drinking, and the use of spirituous liquors, &c. in regard to diet, the first is immoderation. Eating and drinking are prejudicial in two ways. It overstrains the digestive powers, and thereby weakens them; it prevents digestion, in consequence of the quantity the whole cannot be properly prepared; and crudities must pass into the circulation, it thereby stimulates, hurries on the circulation and life; and besides, it gives rise to indigestion, and the necessity of using evacuants, which always weaken.

To eat too much, means when people have eaten until they can eat no longer; and the following are the signs: when one experiences a heaviness and fulness of the stomach, yawning, belching, drowsiness, and confusion of ideas. The old rule which contains much truth, ought therefore to be always observed: "Give over eating while you have some appetite left."

Too refined cookery belongs to the same class.—Unfortunately we must here exclaim against this friend of our palate, as one of the greatest enemies of life; as one of the most destructive inventions for shortening it; and in the following manner:

1st. It is well known that the principal part of the art is in making every thing stimulating. Every article of food, therefore, is half com-

posed, according to this rule, of hot stimulating substances, and instead of accomplishing, by eating, what is the natural object of it, nourishment and restoration, we increase rather by internal consumption, and actually produce the contrary effect. After a meal of this kind one has always an artificial fever; and those who use such food may justly say, that they are consuming, instead of resuscitating their powers.

2d. The worst is, that people, by this cookery, are always induced to eat too much. They become such friends to their palate that every remonstrance of the stomach is ineffectual; and as the palate is always excited in a new and agreeable manner, the stomach has three or four times as much labour as it is capable of performing. For it is a very common fault, that one does not make a distinction between the appetite of the palate and that of the stomach; and consider that as a real, which is only false appetite; and this error is by nothing so much favoured as refined cookery. Man thereby loses at length, one of the greatest supports of life, the property of knowing when he has had enough.

3d. One grand maxim in cookery is, by the most unnatural and most varied compositions, to produce new stimulants, and new dishes. And hence it happens that things which singly and alone were perfectly harmless and innocent, acquire by combination, altogether new and destructive complaints. Acids and sweet substances, for example, do not hurt when used separately; but when used together, they may be

come prejudicial. Eggs, milk, butter, and flour, are each, used by itself, very easy of digestion, but when joined together, and formed into a pudding, the product will be extremely heavy and indigestible. It may therefore, be laid down as a fundamental principle, that the more compound any kind of food is, the more difficult it will be of digestion; and what is still worse, the more corrupt will be the fluids which are prepared from it.

4th. A grand acquisition in the latest mode of cookery, is the art of bringing nourishing aliment into the most concentrated form. By expression, and boiling, people have found a means to concentrate the substance of several pounds of beef, and marrow bones, into the small size of a jelly, which is highly pernicious, in consequence of its not being masticated, and therefore, cannot receive its proportion of saliva to prepare it for digestion, giving the stomach more labour than it is able to perform. In the first place one can never deviate from the regulations of nature without injury. Not without reason has it been made a law, that the stomach can receive only a certain quantity: a degree more would be too much for the whole. Every body can admit only a proportionable quantity of nourishment; and this capacity of the whole is always in direct ratio with the stomach. By the above process there is taken into the system three or four times as much nourishment as it is capable of receiving. The consequence is, a continual plethora of all the vessels; and this always destroys the equilibrium as well as the health, and in the end, life itself.

PEPTIC PRECEPTS.

The following hints will point out to the reader how to employ art to afford that assistance to nature which, in indisposition and age, is so often required, and will teach him to counteract, in the most prompt and agreeable manner, the effects of those accidental deviations from strict temperance which sometimes overcome the most abstemious philosopher, when the seducing charms of conviviality tempt him to forego the prudent maxims of his cooler moments.

They will help those who have delicate constitutions to obtain their fair share of health and strength and instruct the weak so to economize the powers they have, that they may enjoy life as long as the strong.

The difference between a strong and a weak constitution is, that the former can assimilate food of difficult digestion into a healthy serum, and discharge the superfluous quantities; while the other is oppressed, but may under a proper diet enjoy as much health and spirits, though less vigour, than one of a strong constitution.

To humour that desire for the marvellous which is so universal in medical (as well as in other) matters, the makers of aperient pills generally select the most drastic purgatives, which, operating considerably in a dose of a few grains, excite admiration in the patient, and faith in their powers, in proportion as a small dose produces a great effect; who seldom considers how

irritating such materials must be, and consequently how injurious to a stomach in a state of debility, and perhaps deranged by indulging appetite beyond the bounds of moderation.

Indigestion will sometimes overtake the most experienced epicure; when the appetite is in good humour, hunger and savoury viands will sometimes seduce the tongue of a "grand gourmand" to betray the interest of his stomach in spite of his brains.

On such an unfortunate occasion, whether the intestinal commotion be excited by having eaten too much or too strong food, lie down, have your tea early after dinner, and drink it warm.

If the anxiety &c. about the stomach does not speedily abate, apply the "stomach warmer." This valuable companion to aged and gouty subjects may be procured at any tin shop.

A certain degree of heat is absolutely necessary to excite and support the process of digestion; when the circulation is languid, and the food difficult of solution, in aged persons and invalids, external heat will considerably assist concoction, and the application of this artificial warmth, will enable the digestive organs to overcome refractory materials, and convert them into chyles.

And as it is important that every person should acquaint himself with the *causes* which generally produce disease, in order that he may avoid them. On this subject we say, that every thing which weakens the system in general, or the stomach in particular, may be a cause. An excessive indulgence in warm, relaxing fluids, as

tea, coffee, and soups,—a similar indulgence in stimulating and acrid materials, as ardent spirits, tobacco, acids, and snuff,—a daily habit of distending the stomach by hard eating and drinking,—rigid abstemiousness and protracted periods of fasting,—imperfect mastication, and eating too fast,—an *indolent* or sedentary life—habitual exhaustion from intense study,—and grief and anxiety of mind—are among the most frequent and powerful causes of dyspepsia, or indigestion.

Perhaps the principal cause of the very great prevalence of this disease, which has been witnessed in this country of late years, is our present sedentary mode of living. Our general mode of living differs greatly from what was practised by our fathers; indeed there is a striking difference within the last thirty years. Our hours of rising and going to rest are later; the floors of our houses are covered with thick, warm carpeting, and the windows and doors are made air-tight; cities and large towns have multiplied, and have surprisingly increased in population; and, as a necessary consequence of this, sedentary occupations in crowded places have augmented beyond all former example, to the neglect of those engagements which carry men abroad into the fields and open country, and impose a necessity for active and continued bodily exertion.

The healthful employments of the farmer and country gentleman have been in a great measure relinquished for the more lucrative pursuits of trade and commerce, which have necessarily

brought men in large bodies into a narrow space, in which they breathe a deteriorated and unwholesome atmosphere, and by which they are deprived of the means of adhering to the regular hours and sober habits of a country life, while they are exposed to much greater care and anxiety. Even families of independent fortune consider it necessary, for the sake of pleasures and society, to reside in large towns or populous cities; thus they sacrifice their health and comfort to their desire of mixing with the *fashionable world*, and indulging in the vanities of splendour and show. By these means a great degree of general chronic debility is silently, but certainly engendered in the constitution, in which the stomach and intestines soon begin to sympathize, *and of which they largely partake.*

Those who have the misfortune to be labouring under indigestion must remember that the first and most important step to be taken in the cure is, to quit such habits and pursuits as may have tended to give rise to the disease and continue to aggravate it: until this is effected, no remedies can prove of any avail. If the sufferer leads what is called a *fashionable life*, it will be necessary for him to forsake the haunts and habits of dissipation; to leave the crowded city; to shun luxurious tables, indolence and late hours; and to retrace the footsteps by which he deviated from simple nature, and to court the country pure air, moderate exercise, early rising, simple diet, the society of a few select friends, and pleasing occupations. The man of severe study must in a great measure lay aside his books; the trades-

man or merchant will find it indispensably necessary to enjoy relaxation: the hard drinker must greatly diminish his potations, especially of ardent spirits: and all dyspeptics must take exercise in the open air freely, rise early, seek cheerful conversation, and carefully observe a moderate and correct diet.

Smoking and chewing tobacco, and even constant snuffing, have often produced indigestion; and when they appear to be causes, the practice must be less frequently resorted to, or altogether abandoned. Dr. Cullen says, "I have found all the symptoms of dyspepsia produced by snuffing, and particularly pains in the stomach occurring every day. The dependance of these upon the use of snuff became very evident from hence, that upon an accidental interruption of snuffing for some days, these pains did not occur; but upon a return to snuffing the pains also recurred; and this alteration of pains in the stomach and of snuffing having occurred again, the snuff was entirely laid aside, and the pains did not occur for many months afterward, nor, so far as I know, for the rest of life." In another place the doctor relates a singular case of a lady to whom this practice became injurious. This lady had been for more than twenty years accustomed to take snuff, and that at every time of the day; but she came at length to observe, that snuffing a great deal before dinner took away her apetite, and that even a single pinch, taken at any time in the morning, destroyed almost entirely her relish for that meal. When, however, she abstained wholly from snuff before dinner, her ap-

petite continued as usual; and after dinner, for the rest of the day, she took snuff pretty freely without any inconvenience.

Let the dyspeptic, then, remember that a correct regimen is of the utmost consequence; and that a strict and constant attention to it is absolutely necessary in order to obtain a perfect cure. All sedentary occupations must be forsaken as much as possible, and if they can be entirely given up, the prospect of complete relief will be far greater. Indeed, considerable and permanent advantage can only be obtained, in a majority of instances, by relinquishing in a very great measure all such engagements, and quitting the confined atmosphere and late hours of the crowded city, for the pure, dry, bracing air of the country, with early rising and active exercises. It is the common neglect of such a regimen that makes indigestion so rarely and imperfectly cured; for where a high state of chronic debility and nervous irritability have been induced by a long continued exposure to the depressing effects of confinement, and intense application to business, literary pursuits, or pleasure, no medicine or even diet can be employed as a substitute for country air, daily active exercise, cheerful company, and early rising. The patient should quit his bed at six o'clock in the morning in summer, and by seven in the winter; and after partaking of a light breakfast, take exercise freely for two or three hours before dinner. After dinner, gentle exercise should again be taken for an hour or two.

Of all exercises those of walking and riding

on horseback are the most beneficial, and where the patient's means and strength allow, they should be used alternately; but when the strength is much reduced, exercise on horseback is almost invariably to be preferred.

The power of daily active exercise in the open air in curing indigestion is very great; indeed, such as would appear to the majority of persons almost incredible; and therefore, it cannot be too much insisted on as an indispensable requisite to ensure perfect freedom from this complaint. Many medical men lay great stress upon attention to diet, as necessary in the treatment of this and other chronic diseases; this is all perfectly correct: but we are fully persuaded that regimen is of still greater moment, and experience proves that *exercise* is the most essential branch of the athletic regimen.

Cheerful company and enlivening conversation, with proper clothing, are also subjects of importance. The feet and chest especially should be kept warm; and if the debility be great, with a considerable reduction of the natural heat of the body, a flannel waistcoat worn next the skin during the colder months will be very necessary. The bedclothes should be no more than sufficient to keep the patient comfortably warm, and a mattress is always preferable to a featherbed.

Diet has always been considered a subject of no small moment in the treatment of indigestion. The grand maxim with regard to diet is, to eat and drink sparingly, at stated intervals, and of food the most digestible, and of that which agrees best with the individual. No dyspeptic should

eat more than four times a day, and the periods ought to be, as near as possible, at regular intervals.

The science and ingenuity of man have enabled him to dissever the constituents of our food and drink, and to recombine them in such a manner as to obtain a pure stimulus, separate from any thing nutritious. The most common product of this kind, and the one most easily and abundantly obtained, is alcohol.

It is now eight or nine hundred years since the Arabians ascertained the method of obtaining this substance. Its effects on the human system, at first, excited astonishment and admiration. It was observed greatly to increase the muscular power of the system—to hurry the circulation, and to create the most pleasurable mental excitement; in a word, it seemed to exalt the physical and intellectual power of man, and to elevate him in the scale of beings. It is not surprising, then, that its first discoverers, especially when under its intoxicating influence, should have formed the most sanguine and extravagant anticipations, in regard to its effects on the human system.

They expected, indeed, to create by it a revolution in man's physical and moral nature. They believed that they had discovered a remedy which would enable the powers of life successfully to combat every form of disease; which would extend the span of our brief existence, and furnish a source of joy and gladness, that should alleviate every form of moral and physical suffering.

The excessive indulgence to which such anticipations must have given rise, betrayed the true character of the insidious enemy. It was soon discovered that the haggard visage of disease lurked beneath its smiling mask; that the ribs of death were wrapped in its gorgeous mantle; and that the wand, so beautifully wreathed with vine leaves, was nothing but the fatal dart which, for six thousand years, has been doing its work of destruction.

It soon became manifest that the human system was altogether incapable of long enduring this tumult of action, and that its sensibilities at length became exhausted—the organs wearied, and that a degree of debility and prostration followed, precisely corresponding to the degree of previous excitement. It was found, too, that this hurried action often injured the delicate structure of important organs, and paved the way for disease. The Arabians, therefore, then the most enlightened and refined people in the world, rejected the article as unfit for the use of man. Their knowledge of it was, however, imparted to the inhabitants of Europe, then in that state of semi-barbarism which favours indulgence in gross sensualities. With a large portion of the inhabitants of those regions it has ever since been employed as a customary beverage.

So general and so free has its employment at length become, especially in our own country, and so astonishing is its influence on the constitution and character of man, that the benevolent of all countries have become greatly alarmed at the degradation of their species which it

threatens to effect. Whether these fears are well or ill founded, is the object of our inquiry.

The effects of the *intemperate* use of ardent drinks, are so fatal to health and character, that it is unnecessary to speak of its impropriety. Even the drunkard will hiccup his disapprobation of drinking to excess. Let us, then, inquire whether the practice of what is termed temperate drinking, so universally practised, is either necessary, safe, or justifiable.

The common apologies for its habitual use are:

1st. That it promotes cheerfulness and harmless conviviality.

2d. That it increases the energy of the mental powers.

3d. That by increasing man's muscular vigour, it enables him to accomplish more labour, in a given time, and supports him during every variety of muscular exertion.

4th. That, when taken at the hours of eating, it creates appetite, and greatly aids the stomach during the process of digestion.

5th. That it protects the system against the vicissitudes of heat and cold—guards it against the diseases of unhealthy climates, and against the influence of contagion.

That the animal spirits are exhilarated by the use of alcohol we cannot deny, and if the effect were attended with no corresponding depression, nor derangement of healthy action, we should be compelled to acquiesce; but it is absolutely certain, that just so much as the spirits are raised above the natural standard, must they subsequently sink below it. Indeed, the despondency

which follows is more remarkable, and longer continued than the excitement. Besides, the pleasurable emotion is not pure, as it is always mingled with certain feverish and disagreeable sensations.

Every one regards an even—uniform flow of spirits, as a happy temperament; but great vicissitudes of feeling are the necessary consequence of alcoholic excitement. Certainly no one would seek artificial excitement when in a happy frame of mind; and if in a state of mental anxiety, from circumstances of adversity, it would be very absurd to seek relief in partial inebriation; for, if he has real cause for sorrow, it is proper that he should feel it, in order that he may be made to appreciate and meet the difficulty which threatens him. Unseasonable joy will only conceal the evil, till, perhaps, it is too near to be avoided.

The joyous emotions of the drinker are all unsound. The hope with which the cup inspires him will result in disappointment; the fortitude which it imparts, is not moral firmness. At the festive board, he promises to himself and others more than the sober realities of life will permit him to accomplish. All his thoughts, words, and deeds are suited to circumstances that do not exist. So long as he is excited, he is dreaming, and when he wakes, it is to taste the bitterness of disappointment.

If a person in an ordinary frame of mind drinks for pleasurable excitement, he will have twice as strong an inducement to do so when the despondency, which is its secondary effect, takes

place, and so whenever it recurs; and thus his temperate drinking ends in intemperate indulgence. Hence, as observation will show, almost every individual who drinks for exhilaration, fastens upon himself an irresistible habit. The drunkard, as every one will admit, is the most wretched of beings; but his mental condition differs from that of the habitual temperate drinker, only in degree.

But another individual alleges that he is occasionally compelled to make great mental exertion, and he desires to concentrate all his intellectual power within some brief occasion. To effect this, he stimulates. But the excitement of alcohol is an irregular and delirious excitement. Although the conceptions which result are vivid, they are incoherent. There is a peculiar want of precision in the use of words, in one who is under its influence. In speaking, and in writing, there is something so characteristic in the style of one thus excited, something so wild and grotesque, that a nice critic would, almost always, at once distinguish it. Shall we call it the alcoholic style, or what shall we term it? Look for it in some of the pages of Don Juan, the very stanzas of which reel and stagger. We need not the confessions of the author, to know that he was inspired by the

"Sweet naiad of the phlegethontic rill,"

whom he so often celebrates.

The excitement which produces the most powerful and sublime intellectual efforts is moral, and not physical excitement. We are not indebted to the inspiration of alcohol for the speeches of

Demosthenes, of Cicero, of Chatham, or of Patrick Henry. Anthony possessed as much native talent as Cicero; if stimulation could increase the powers of the mind, he ought to have been a much greater man.

But, granting that alcohol does create paroxysms of intellectual power, yet he who resorts to it soars upon pinions of wax, which will desert him, perhaps in the very zenith of his airy flight, and hurl him from the sublime to the ridiculous. The intellectual excitement of alcohol lasts, indeed, but a few minutes.

But there is a still stronger objection to this plea for alcoholic excitement. The nervous system comprises the organs which are most immediately necessary to the operations of the mind—they are, indeed, the instruments of thought. Preternatural excitement wears upon all the organs of the human system. But the brain and nerves are composed of a material on which alcohol acts chemically, rendering it hard and insensible; certainly, then, it must diminish the delicacy and quickness of our perceptions. No one will deny that, in the drunkard, mental power is greatly impaired. In him, the moral sense of right and wrong is blunted; judgment perverted; memory rendered unfaithful. Fancy sees nothing sublime or beautiful through the turbid medium of the drunkard's maudlin eye.

When is it that this acknowledged decay of the mind, from the use of alcohol, begins to take place? Does the cause produce its effect only after long continued intemperance, and then suddenly, or is the poison insidious, and imper-

ceptible in its progress? As a physician I aver that it must be the latter, and that the effect begins with the first exercise of the cause—long before the signs of habitual intemperance are manifest. Nay, we must infer that the unnecessary stimulation of alcohol is never produced without impairing, in some slight degree, the noblest attributes of man. The effect, indeed, is at first but as a mote in the balance, but by repetition the mote becomes a mass, and then stupidity preponderates, and wisdom and virtue kick the beam.

But a third individual drinks habitually to increase his muscular strength, and to ease the burden of his daily task.

The human body is avital machine, designed, as we before stated, to be operated upon by a given power, which is the natural stimulus of our food and drink. The strength of the mechanism is adapted to this power. Now, let us ask, whether if a machinist had constructed a mill with a degree of strength adapted to ten feet head of water, it would be wise to pour upon it twice that quantity, because, for a time, it might bear it without obvious injury, and execute more work? Would any one, even if his courage was screwed up to the point with alcohol, like to ride on the Rocket, or the Novelty, if he knew it was enduring more force of steam than that for which the maker had constructed it?

Two kinds of mischief are liable to result from this hurried action. The machine will wear out far more quickly, and all its parts are constantly exposed to the danger of breaking.

The vulgar phrase of the day by which to express the excitement of drink is, "raising the steam." Nothing could be more apt; it is indeed raising the steam above the point of safety. It is applying the high-pressure principle to an apparatus designed for low-pressure. The consequence is that the cylinders, pistons, wheels, shafts, &c. are subjected to a tremendous wear and tear; or, what is worse, the boiler bursts, or a beam snaps, and the whole goes to ruin.

Now, by the analogous excitement which is produced in the living system, the organs of the vital machine are in the same manner worn and exhausted. It is true they have a power of self-reproduction and reparation, but even this faculty must of necessity decay, and the oftener it is called upon the sooner will it be exhausted. There is much truth in the phrase "a broken constitution." It signifies a constitution in which some of the organs are impaired by unequal or excessive action; and which have lost, in part, the power of regenerating themselves.

But there are other equally valid reasons why alcohol does not render labour more effective. The increased action produced by it is irregular and unsteady; the power of the muscles is capricious and ill-directed. In a personal conflict the steady eye and the obedient arm of the man not agitated by passion, always triumphs over the powerful, but convulsive struggles of anger. But granting that the alleged effect is actually produced, it is but transient, and the energies of the system must at last sink in a degree precisely corresponding to that of the previous excitement.

Others there are who indulge in an evening glass, to relieve the sensation of exhaustion and fatigue caused by the labours of the day. Nothing can be more palpably absurd. What! goad the fatigued organs—the stomach—the heart—the nerves into artificial excitement to obviate the effects of exhaustion? As well might we scourge a jaded and drooping race horse to make him exhibit less evidence of fatigue.

But if there are those who will be persuaded only by matter of fact, we appeal to the numerous experiments which abundantly shew that more labour may be executed without the aid of alcoholic stimulus than with it. Those experiments were long ago made by Franklin on his own person. They have been made in numerous instances in the manufacturing establishments of our country; they have frequently been made even on ship board, where the human frame is made the sport of contending elements.

Even in this his extremity of suffering and exhaustion it has been ascertained by satisfactory trial, that alcohol contributes nothing to our support; that, on the other hand, this article has been far more fatal to that useful class of men than the quicksand or the tornado.

The fourth class drink to promote digestion. They assert that it is necessary to stimulate before eating, in order to create appetite, and again after, for the purpose of sustaining the powers of the stomach.

If alcohol is indeed necessary to digestion, how unhappy must have been the lot of the wretched dyspeptics, who occupied the earth for

the first five thousand years of its existence? What qualms, what paroxysms of colic, what borborygmi, what acidities of stomach and temper, must have befallen the antediluvians; and how tediously must have passed off a life of 900 years of imperfect digestion, without one sip of brandy-toddy, whiskey-punch, or aquavitæ!

How should it happen too, if alcohol be a necessary aid to digestion, that the ancient communities of men were possessed, as we have ample reason to believe, of far firmer bodily stamina than those of this generation.

There is no truth more obvious than that the stomach of a man in health is not prepared to receive food and digest it, till he is conscious of an appetite. This sensation is the instinct which nature has bestowed upon the organ, causing it to demand materials as soon as it is in a condition to act upon them. If there occur no desire for food, it is either because the organ is exhausted by previous over-action or because it is in a state of disease. In either case it requires repose.

But alcohol, in this condition of the organ, creates an artificial and forced appetite. The stomach then demands more food than it can manage, and promises more than it can subsequently accomplish. For a short time indeed it acts with energy, but when the transient excitement is gone, it shrinks from its task; then the mass of food undergoes fermentation, produces acidities, and inflicts a kind of irritation which is the source of half the diseases that prey upon our species.

The result is much the same when stimulus is taken after eating. When one feels annoyed and oppressed by his meal, it is because he has indulged too freely, and the stomach is sinking beneath its load. If he drinks then, he is indeed relieved for a time, the stomach being urged to a desperate effort. But the gormand is cruel to the organ, and is like the unfeeling driver, who loads his beast with a burden under which it can scarce stagger, and supplies its want of strength with plenty of stripes.

Another argument in favour of occasional drinking is founded on its supposed effects in defending the system against the vicissitudes of temperature, against the diseases of sickly regions, and against the influence of contagion.

As to vicissitudes of heat and cold, they produce disease by the sudden transitions from great to diminished action which they occasion, and vice versa. Now, it is notorious that this is also the legitimate effect of dram-drinking, and hence the extreme absurdity of employing it as a remedy. Besides, it weakens the stamina of the system, impairs digestion—every function indeed, and predisposes to every form of disease.

Contagion and other subtle causes of fever assail the system most successfully, when there has occurred something to disturb the uniformity and balance of action. This disturbance is produced by alcohol, and although the system, while under its immediate influence, is perhaps not particularly susceptible, yet soon the period of sinking must arrive; then the vital powers are prostrate; the sentinels of life are slumbering on

their posts, and insidious contagion steals into the inmost recesses of the system.

As a remedy to be employed in the treatment of certain forms of disease, alcohol ought undoubtedly to hold a place among medicines; but physicians are now very generally persuaded that, even thus employed, it has heretofore been regarded as far more efficacious than it actually is. The very general employment of some form of alcohol in the treatment of disease, has been chiefly owing to the influence of the Brunonian theory of medicine. This doctrine was taught in Edingburgh by the celebrated Dr. Brown, about 40 years since. Its fundamental hypothesis is, that all diseases consist of but two classes, the one arising from increased, the other from diminished action. He believed the latter class to be far the most numerous, and as, in his view, they arose from debility, he regarded the various energetic stimuli as their appropriate remedies. Of these alcohol and opium were the most important.

To the younger members of the profession this system was addresed with the most eloquent and plausible sophistry. As it was extremely simple and easy of acquisition, promising a sort of north-west passage to the very ultimatum of science and skill, the doctrine spread like contagion and with far more fatal influence. When, after many years, its absurdities were at length exposed, a learned author remarked, that the theory of Brown had been in the hands of a medical sect, "what fire and sword are in the battles of the cruel."

It is true that fatigue, and the abstraction of ordinary nourishment and stimuli, may so prostrate the powers of life, that a prompt stimulus, like that of alcohol, may be necessary to give an impulse to the functions of the organs which afterwards must be sustained by nourishment. But if alcohol is longer employed, it forces the organs to a degree of action which they cannot endure; and, furthermore, it converts debility into disease, by creating unequal excitement, which is the very essence of the latter.

There are, it is true, certain rare diseases which seem to strike at once at the vital sensibilities of the system, and which are attended with a sudden and alarming subsidence of action. Here also, it may be proper to employ the quickening influence of an ardent stimulus; but when once the powers of life are roused to the strife, its continuance would only aid the enemy.

Vast mischief has resulted to mankind from the employment of certain cordial medicines in the form of tinctures. They are often prescribed by physicians when, the system being exhausted by disease, both body and mind are puerile and capricious, and hence the easy victims of a vicious habit. This is apt to occur especially to delicate, nervous females, whose unpleasant sensations are always temporarily relieved by the excitement which is produced.

Thus has it been endeavoured to reply to the various arguments, which, by different classes of individuals, are urged in favour of the occasional employment of alcohol. But there are important

facts which could not be embraced under these heads.

What (let it be emphatically asked,) is the source of INTEMPERANCE, with all its disgusting progeny of vice and disease? Does it rush upon us at once, in all its loathsome deformity, or does it not rather approach us in the garb of temperance, cheering us at the festive board, proffering aid in the task of labor, and promising protection from the arrows of pestilence—never casting off its disguise till the moral sense is perverted, and we can look upon it without loathing?

Drunkeness is a disease; a disease marked by strong and peculiar traits which are too familiar to need description. Whenever the physician seeks to cure, or to prevent disease, he always looks first to the cause. The causes of some diseases are obscure, others may result from one of many causes; but intemperance has but one parent—one prolific and sufficient source, and that is TEMPERATE DRINKING.

ON CLOTHING.

Delicate and dyspeptic persons are often distressed by changing their dress, which must be as uniform as possible, in thickness, in quality, and in form, especially (flannel, or indeed) whatever is worn next to the skin. To wear soft flannel next to the skin cannot be too strongly recommended to those who are afflicted with any affection of the lungs or bowels; the application of a double or treble piece of flannel upon the breast in coughs, the belly in colics and to any

parts affected by rheumatism, often affords great relief.

Great care should be taken that your flannel waistcoat be thoroughly aired; have two a week (especially during warm weather,) wearing them alternate days, and the intervening days let it hang before your dressing-room fire; this will render it comparatively fresh and pleasant.

The change of a thick waistcoat for a thin one, or a long one for a shorter one—not putting on winter garments soon enough, or leaving them off too soon, will often excite a violent disorder in the lungs or bowels, &c. and extremely exasperate any constitutional complaint. Any part of our body that is either naturally infirm or has suffered any kind of injury is always most liable to the invasion of disease, &c. and requires to be more particularly defended.

Those who wear flannel waistcoats should have them as large in the body and sleeves as a shirt, and are recommended to have their new ones about the middle of November, with sleeves to them coming down to the wrist; the shortening of these sleeves in the warm weather is as effective an antidote against extreme heat, as lengthening them and closing the cuff of the coat is against intense cold.

The desire of appearing young and hearty often prevents old men from wearing great coats, and other defences against the vicissitudes of the weather; however, after the age of 40, when the renovating powers of our machinery decline rapidly, all avoidable exposures to cold, &c. are acts of extreme folly.

Flannel is an indispensable article in cold seasons and variable climates, especially to the feeble and infirm. In the northern and middle States, this article ought to be worn next to the skin, and be changed at least twice a week; this practice, connected with the frequent use of the flesh-brush, may be considered as one of the greatest preservatives of health. In the cold seasons, flannel ought to be worn both in the form of shirt and drawers, and by the female as well as the male. Many people lose the advantage of wearing flannel by neglecting to put it on sufficiently early in the fall, and by leaving it off too early in the spring. It ought to be put on as early as the autumnal equinox, or on the first appearance of frost, and its use ought not to be relinquished until the weather has become settled and warm. From the want of a due observance of this rule, many persons suffer material injury; they contract cough, rheumatism, or some other evil which not unfrequently continues with them through life.

Some medical men are of opinion that flannel ought to be worn *at all seasons* of the year. This, perhaps, may be a good rule as it respects teething children and persons advanced in life, as the practice is calculated to produce an irritation on the skin and a determination of the fluids to the surface; this practice may likewise prove beneficial in cold and moist climates as a preventive of rheumatism, and other inflammatory affections; but it cannot be expected that people in general will submit to the use of flannel under the fervid rays of a summer sun. In persons of

feeble and debilitated habits, the practice of wearing flannel in warm seasons would certainly prove injurious, by producing too profuse a discharge from the surface; this would unquestionably increase their sufferings.

Many persons think they cannot wear flannel on account of its fretting their skin; but there are few who cannot bear the action of the softer fabrics, by inuring themselves to it for a short season. Matter of fact will show that persons of the most tender skin and of the most delicate constitutions wear them with great comfort during the whole summer. Those who will not submit to the course here recommended, will find great advantage in wearing flannel over their linen.

True wisdom consists in rendering the remaining years of life as comfortable as possible: "Be old betimes that thou mayest long be so."

"Wear a woolen great-coat in winter, or
You may want a wooden one ere summer."

The aged should beware of changing that fashion of their clothes, &c. which time has made, as it were, a part of their body.

Our coat should be made so large, that when buttoned we may be as easy as when it is unbuttoned; so that without any unpleasant increase of pressure on the chest, &c. we can wear it closely buttoned up to the chin; the power of doing this is a very convenient provision against the sudden alterations from heat to cold; buttoning up this outer garment will protect the delicate from many mischiefs which often arise in this inconstant climate from the want of such a

defence; and the additional warmth it produces will often remove those slight chills, which otherwise soon become serious.

When the circulation is feeble, and your feet are cold, wear worsted stockings (those who are old and chilly must have two pair,) have your shoes well warmed, and when you take them from the fire, put your slippers to it, that they may be warm and comfortable for you on your return home.

The best panacea for a languid circulation, which is the cause of the chillness, and coldness of the feet, &c., is exercise,—walking briskly in the open air for 15 or 20 minutes, three or four times in a day, taking your first walk about a quarter of an hour after breakfast, and another about three or four hours after; the more exercise the better—take care not to fatigue yourself;—remember—exercise excites, fatigue debilitates.

Weak people in very cold weather can hardly walk fast enough to excite sufficiently increased action in their system to make and keep themselves warm; and the chilling blast steals away the heat of their body faster than its enfeebled powers can supply the loss, even if they wear as many great-coats as an onion, unless they previously set the circulation agoing—by taking, just before they start a cup of warm coffee, and eat a crust of bread with it; these are very proper overtures before starting out, in extremely cold weather. The chilling effect of the atmosphere is not to be judged of by the thermometer; we feel as cold when there is much

wind, and the thermometer at 45 degrees, as we do when the air is still and the thermometer at 35 degrees.

Cold out of the usual season is trebly injurious to delicate persons who have passed the meredian of life, as when it comes at the period it is expected.

The grand counteractor of cold is exercise; and the best exercise is walking in the open air, because, in walking, more of our muscles are brought into action than in any other kind of exercise, and consequently the circulation is more universally excited. When you wish to walk fastest, in frosty weather, the ground is often so slippery that a quick movement is extremely imprudent: to enable you to ambulate with convenient celerity for collecting caloric, do not put on a pair of shoes with very thick soles, but those which are thin enough, and large enough to allow such action to your toes that you may be sure-footed: put on over these list shoes; they will effectually prevent your slipping, and also enable you to walk fast, and to take exercise pleasantly, without fear of falling; which in cold weather is essentially necessary to all, but especially to persons who have cold feet and a languid circulation—for which there is no remedy so effectual as a smart walk, two or three times a day, for fifteen or twenty minutes; in such cases, there is no substitute for walking exercise.

Always endeavour to get your feet warm by walking before you go to dinner. Digestion is perfect in the proportion that the circulation is free and perfect.

The restoration and the preservation of the health, especially of those who have passed their fortieth year, depend upon minute and unremitting attentions to food, clothes, exercise, &c.; which, taken singly, may appear trifling,—combined, are of infinite importance; and in fact indispensable, not only to the comfort, but to the continuation of life.

It is a comforting consideration for delicate persons, that long life is not necessarily connected with high health; there are many who have attained a very advanced age, although they have enjoyed scarcely one week's uninterrupted good health for many years.

The returns of many benefit societies prove, that sickness and mortality bear no distinct proportion to each other; nor is it at all likely that they should, while the human frame is subject to feebleness and tedious disorders, which leave no bad consequences after recovery, and while sudden deaths are frequent.

By a regular observance of a few salutary precepts, a delicate constitution will last as long, and will afford its proprietor as many amusements, as a strong body whose weak mind takes but little care of it.

Put on a great coat when you go out, and the temperature of the external air is not higher than 40 degrees. Some susceptible constitutions require this additional clothing when the thermometer falls below 50 degress, especially at the commencement of the cold weather.

A great-coat and a hat ought to be kept in a room where there is a fire: if a great-coat has

been hung up in a cold damp hall, as it often is, it will contribute about as much to your warmth, as if you wrapped a wet blanket about you.

Persons who are very susceptible of the variations of temperature should have two great-coats, one for cool and fair weather (above 35 degrees Fahrenheit,) of coating—and another for cold and foul weather, of broad cloth, and lined with fur, as a "dreadnaught" against frost and snow, which, if it is intended to defend you from cold wind and rain, should also lap over at least four inches.

Clothes should be warm enough to defend us from cold,—and large enough to let every movement be made with as much ease when they are on as when they are off.

Those whose employments are sedentary—especially diligent students who neglect taking sufficient exercise, suffer extremely from the pressure of tight waistbands, garters, &c., which are the cause of many of the mischiefs that arise from long sitting—during which they should be loosened.

COMPOUNDS OF MEDICINES,

that are directed to be used in the cure of diseases as described in this work.

No. 1, *Anti-bilious Pills.*—Jalap 2 drachms, Aloes 2 drachms, Calomel 1 drachm, Gamboge half a drachm, Tartar Emetic 5 grains, Castile Soap 1 drachm. To be mixed with water, and made into pills of ordinary size. Dose 3, to be repeated if they should not operate.

No. 2, *Quinine Mixture.*—Quinine 20 gr., Loaf Sugar and Water, 3 ounces of each, Essence of Peppermint 1 ounce, Elixir of Vitriol 15 drops. The whole to be mixed in a phial. Dose a teaspoonful, to be repeated as necessity may require.

No. 3, *Anti-septic Mixture.*—Best Madeira wine 2 ounces, Gum Myrrha 1 ounce, Cayenne pepper ½ drachm. The whole to be well rubbed in the mortar, and then put it in a phial for use. Dose, a tea spoonful.

No. 4, *Cathartic Pills.*—Rhubarb 1 ounce, Supercarbonate of Sodae ½ ounce, Cayenne pepper 20 grains, Oil of Sassafras 10 drops, Syrup sufficient to make the whole into a mass, after which make it into pills of ordinary size. Dose, 3, to be repeated if not sufficient to operate.

No. 5, *Astringent Mixture.*—Bayberry bark in powder 2 ounces, Cayenne pepper ½ ounce, Loaf Sugar 1 ounce, Powdered Myrrha 1 ounce, One pint of the best 4th proof brandy, the whole to be mixed and let stand for two days. Dose, a table spoonful.

No. 6, *Stimulating Pill.*—Camphor 1 drachm powdered (a drop or two of spirits of any kind, must be added in order to be able to powder it) Hartshorn 1 drachm. To be mixed with thick syrup or paste, and made into 30 pills. One to be taken for a dose.

No. 7, *Eye-water.*—Sugar of Lead 6 grains, Sulphate of Zink 6 grains, Laudanum 12 drops, Rose water 6 ounces. To be put in a bottle and used after settling.

No. 8, *Cough Mixture.*—Syrup of Squills 1 ounce, No. 9 Tincture of Lobelia 1 ounce, Honey 1 ounce, Cayenne pepper ½ drachm, Water 4 ounces, Powdered skunk cabbage 1 ounce. To be mixed in a bottle and well shook before using. Dose, tea spoonful, to be repeated frequently if the cough is bad.

No. 9, *Tincture of Lobelia.*—Lobelia leaves, stems, and pods, a sufficiency to fill a bottle as full as you can, then add of good brandy as much as the bottle will hold. In five days it may be used; but the bottle must be kept in the dark, or it will loose all its strength. Dose, a tea-spoonful.

No. 10, *Compound.*—4th proof brandy, half a gallon; Gum Myrrha, a quarter of a pound; Cayenne pepper, one ounce; No. 9, Tincture of Lobelia, four ounces; to be put in a bottle and frequently shook for ten days. Dose, teaspoonful.

No. 11, *Diet Drink.*—Young mullen before it shoots to seed, one pound; water, two quarts; to be boiled down to one quart, then strained, and add a pint of new milk; half a pound of loaf Sugar; and half a pint of good brandy. Dose, a table spoonful.

No. 12, *Ointment.*—White Rosin, one pound; Lard, two pound; Beeswax, one pound; to be melted and strained for use.

No. 13, *Diet Drink.*—Sarsaparilla, one pound; Burdock root, half pound; Sassafras bark of the root, one pound; water, ten pints; to be boiled down to five, and add two pounds of Sugar, bring it to a boil again, then bottle it for use. Dose, a wine glassful three times a day.

The dose of every medicine is mentioned, whenever it appeared necessary. When this is omited, it is to be understood that the medicine may be used at discretion. The dose mentioned is always for an adult, unless when the contrary is expressed. The following general proportions may be observed; but they are by no means intended for exact rules. A patient between twenty and fourteen may take two thirds of a dose ordered for an adult; from fourteen to nine, one half; from nine to six, one third; from six to four, one fourth; from four to two, one sixth; from two to one, a tenth; and below one, a tenth.

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